

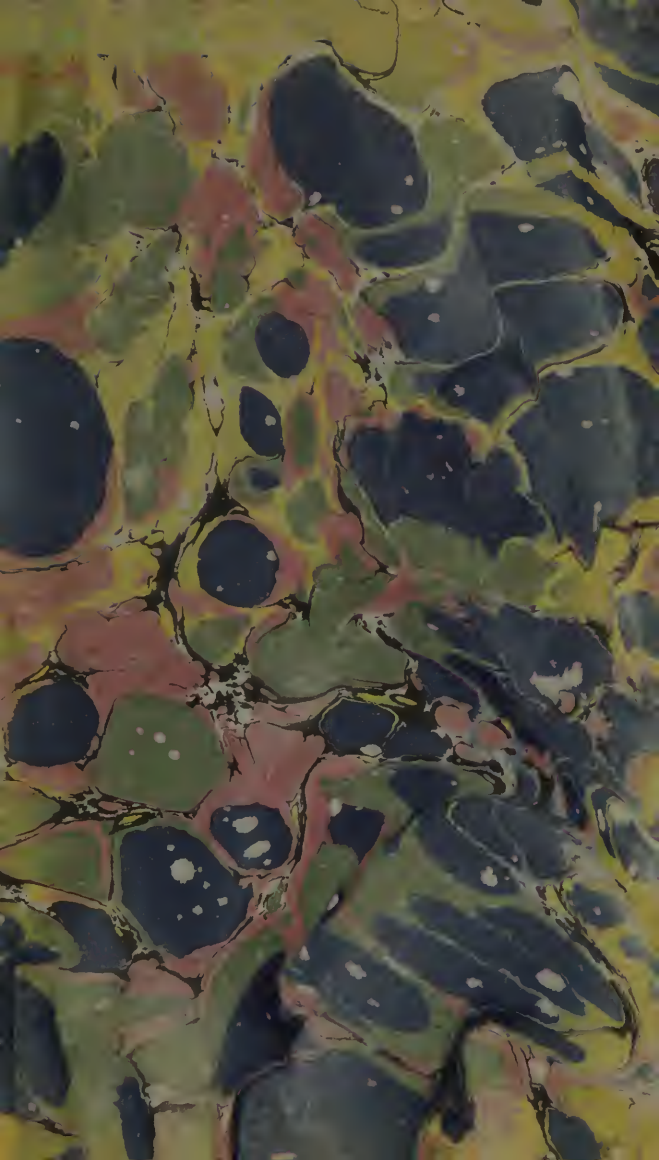




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Rev FRANCIS LOCKIN







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Rev. FRANCIS BCDKIN

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**MEDICAL ADVICE**  
**TO THE**  
**INHABITANTS OF WARM CLIMATES,**  
**ON THE,**  
**DOMESTIC TREATMENT OF ALL THE**  
**DISEASES INCIDENTAL THEREIN:**  
**WITH**  
**A FEW USEFUL HINTS,**  
**TO**  
**NEW SETTLERS,**  
**FOR THE**  
**PRESERVATION OF HEALTH, AND THE**  
**PREVENTION OF SICKNESS.**

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**By ROBERT THOMAS, (late of *Nevis*) SURGEON.**

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**TO THE WORK ARE PREFIXED,**  
**SOME OBSERVATIONS on the proper Management of**  
**NEW NEGROES, and the general Condition of**  
**SLAVES in the Sugar Colonies.**

**ALSO ARE ANNEXED,**  
**A List of the Medicines recommended in the Treatment**  
**of the Diseases, and an explanatory Table of the**  
**Weights and Measures used by Apothecaries.**  
**Rev FRANCIS BODKIN**

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**NASSAU, NEW-PROVIDENCE:**  
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## P R E F A C E.

*THE Author begs leave to apprise the reader, that the following observations on the Treatment of the Diseases of Warm Climates, are by no means intended for the purpose of conveying medical improvement to those of the profession; but, on the contrary, are designed solely for domestic information; to be, as it were, a guide to the heads of families, directors of estates, and masters of vessels, what steps to pursue, and what medicines to administer, in trivial indispositions, or on the attack of any acute complaint, when proper advice and medical assistance cannot immediately be obtained.*

*He knows, from experience, that many of the diseases of tropical climates are extremely rapid in their progress, and when neglected at their first coming on, as sometimes unavoidably happens on many plantations in the West-Indies, from the great distance which physicians and surgeons often have to travel, in order to visit the sick, that they are very apt to be attended with fatal consequences.— To obviate the inconvenience arising therefrom, has been his study and endeavour; and he has not the least doubt, that if a proper attention is paid to the directions herein laid down, that many lives may annually be saved, which otherwise might be lost to the community.*

*In order to render the work as suitable as possible to the purpose for which it is designed, the several prescriptions are written in English; the introduction of professional terms has, as much as the nature of the subject would admit of, been avoided: and an inventory of the medicines necessary for private use, with an explanatory table of the weights and measures used in compounding them, have been annexed.*

## P R E F A C E.

*In the Introduction, a few hints have been offered to new settlers in the West Indies for the preservation of health, and the prevention of sickness; and some observations have been made on the proper management and treatment of newly imported negroes, as also on the general condition of slaves in the Sugar Colonies.*

*In treating of the diseases, not only brevity and perspicuity have been studied, but likewise some regularity and order have been observed: the most general causes which give rise to each of them, have been mentioned; the symptoms which usually both precede and accompany them, have been pointed out; the probable conjecture, or prognostic, that may be formed with regard to their termination, has been noticed; and, lastly, that mode of treatment which is most likely to procure immediate relief, and, in the end, to be attended with the most happy effects, has been carefully laid down and recommended.*

*In speaking of contagious diseases, a due attention has likewise been paid to the pointing out the proper steps which ought to be pursued for preventing the infection from being communicated to those who attend the sick.*

**London, 1790.**

**INTRODUCTION.**

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# INTRODUCTION.

F.B

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DAILY observation has established it as a fact, that Europeans may live to an advanced age in warm climates, provided they will observe a few necessary cautions at first, and afterwards live regularly. To these, therefore, I beg leave to offer a few Hints, a due attention to which will be attended with the most happy effect, and may often enable the new settler to continue many years in the West-Indies, in the constant enjoyment of perfect health.

During the months of January, February, and March, the air in the West-Indies is much drier and cooler, at the same time, than at any other period of the year: every European who can make his election, should therefore endeavour to arrive during this season, as he will not then be exposed either to very wet weather, or the great heat of the summer. If a choice of residence can also be made, that situation which is the most elevated, dry, open to the air and sun, and remote from stagnant waters, or marshy grounds, ought certainly to be preferred. Most of the towns in the West-Indies are built on very low ground, and are often annoyed with swampy and noxious exhalations; of course, they frequently prove unhealthy to new comers, particularly during the rainy months. These persons should therefore pass as little of their time as possible in such a situation; and, if obliged by business to resort there in the day-time, they ought to retire every evening to one that is more elevated. Those who are unavoidably obliged to remain constantly in unhealthy situations, arising either from great moisture, or marshy exhalations, should pursue such means as will tend, in some measure, to guard them against the mischiefs to which they are exposed from their locality. The highest apartment in the house should be made choice of to sleep in; and, in moist, rainy weather, it may be furnished with a small stove, in which a fire should be kept. Smoking freely of tobacco, and drinking wine in moderation, will likewise prove serviceable. Huxham's tincture of the bark, and other warm stomachic bitters, may also be used with advantage.

The dress of new comers should consist of coats made of ladies cloth, or kerseymere, with waistcoat and breeches of light washing materials, such as dimity. Whatever is worn next to the skin, should be made of cotton, in preference to linen, as this last is very apt, when moistened with perspiration, in consequence of any severe exercise, to convey a great chill when the person has sat still for a short time. Cotton shirts will therefore be preferable to linen ones. During my residence in the West-Indies, I was acquainted with several gentlemen who constantly wore two shirts at the same time, the upper of which was made of linen, and the under of cotton; from which precaution, I observed they were less liable to the diseases arising from an obstructed perspiration than those who did not make use of it. Those who are afflicted with rheumatic complaints may wear short jackets made of flannel instead of cotton; and although some little inconvenience may perhaps be experienced at first from the itching which it is apt to occasion, yet, after a very short time, it will entirely cease. Too much caution cannot be observed, both by long residents and new comers, in changing their linen and other clothes as soon after getting wet as possible; a circumstance too frequently made light of and neglected, but which, however, often proves fatal to many. Washing the feet with a little spirits of any kind when they happen to get wet, putting on dry stockings as soon as possible, and drinking a little warm tea after getting into bed, will often prevent colds and other bad consequences from ensuing.

The diet of Europeans, on their first coming into a warm climate, should consist of a proper mixture of vegetable and animal food, letting the scale preponderate rather in favour of the former than the latter, and taking care to avoid all such things as have a tendency to dispose the blood to putrefaction. The custom, so universally followed by the Creoles, of daily eating salt meat for dinner, and of serving up ham, or other salted things, for breakfast, is undoubtedly highly pernicious to the constitution, and never fails to create a very great thirst during the whole of the day. Under the head of diet it will be proper to mention, that a free use of ripe fruits is highly proper in all warm climates, as they will correct that tendency in the fluids to putrefaction, which naturally prevails.

The usual liquors which are drank at dinner in the West-Indies, are punch, and rum and water, commonly called grog; and these are used in the same quantity and free manner, as beer and porter in cold countries. Weak punch, made of ripe fruit, clear syrup, and good old rum, is cer-

tainly



tainly a refreshing pleasant drink, well adapted to a warm climate; but there are constitutions with which all acids disagree: and therefore many people, for this reason, substitute rum and water. The misfortune, however, that attends most of those who make use of the latter, is, that although they perhaps begin at first with a moderate and proper quantity of spirits, yet, as by habit and custom it grows insipid and tasteless to their palates, they are induced gradually to increase it, till they bring the mixture at last to very near equal parts of rum and water. No new comer should accustom himself to drink either punch or grog before dinner, as is the usual custom in the West-Indies. Drinking these liquors in the forenoon, palls the appetite, occasions a stupefaction and drowsiness, and is likewise attended with many other bad consequences. If at any time before dinner, it should be found necessary to assuage the thirst; either a beverage composed of preserved tamarinds, or a little Madeira wine, sufficiently diluted with water, may be drank for the purpose; but I beg leave, at the same time, to caution all persons against either taking large draughts of cool liquors of any kind, or exposing themselves to a current of air, when violently heated by exercise.

Many people, on their first going into a warm climate, particularly on ship board, are apt to become very costive. When any such inconvenience arises, some gentle laxative, such as lenitive electuary, should be taken, so as to procure a stool or two daily, and if not found sufficiently powerful in its operation, a few grains of jalap may be added.

Riding on horseback and walking are the only exercises which should be taken by new comers, and these should be used in the cool of the mornings and evenings. Dancing is an amusement which strangers to the climate ought not to engage in; for, as it usually occasions a profuse perspiration, they are unavoidably exposed to the moist air of the night on their return to their respective homes, as in most of the islands no other carriages are made use of but open ones. Europeans newly arrived, should retire to rest at a proper hour, and they should regularly practise early rising. Hair mattrasses should be preferred to feather beds for sleeping on, as the latter, from their warmth, have a great tendency to produce a considerable degree of relaxation. Where a natural cold bath can be procured, it should be made use of every morning, and where it cannot, an artificial one may be substituted.

The great hospitality of the islanders frequently proves the source of much evil to strangers; for they are no sooner arrived, than they immediately engage in a daily round of

visiting and feasting, during which they are apt to commit excesses, productive, perhaps, of a severe fit of sickness, that terminates fatally. To all such I would therefore recommend a moderate indulgence in the delicacies of the table, a very temperate use of all vinous and spirituous liquors, a great circumspection and self-command in sensual pursuits, and the carefully avoiding all exposures to the night air.

Notwithstanding every precaution, it may happen that some slight feverish indisposition will arise. On such an event, an abstemious regimen, confinement within doors, and the taking a dose or two of some cooling purgative, such as manna and cream of tartar, will be highly proper. If the person is young, and of a full habit of body, drawing off a few ounces of blood from the arm will be necessary. If this mode of treatment fails to remove the complaint, and there ensues a smart attack of fever, recourse must then be had to the means recommended under the head of acute fever, or under that of the yellow or bilious, when accompanied with symptoms which point out a tendency that way.

Some people, on their first arrival, suffer much from an eruption called the Prickly Heat. This makes its appearance in numerous red pimples dispersed over different parts of the body, which are accompanied with an intolerable itching and pricking heat. The complaint is, however, more troublesome than dangerous, provided the eruption is not suddenly repelled. All exposures to cold, moisture, and partial currents of air, should therefore be carefully avoided. The use of high-seasoned meats, and heating liquors, will be improper. It may be necessary to take some gentle laxative now and then, in order to keep the body open.

The Nettle Spring is another eruptive complaint, with which new comers are apt to be attacked. It makes its appearance in large bumps, resembling the sting of nettles, or bug bites, and is attended with a considerable degree of heat and itching. Like the former, it readily gives way to a cool regimen, rest, and the keeping the body open.

Europeans, on their first going out to the West-Indies, usually experience great inconvenience from the bite of the musquitto, a species of gnat. On whatever part this pitches, it immediately produces a small tumour, which is attended with so high a degree of itching and inflammation, that the person cannot refrain from scratching it; and, by a frequent repetition thereof, often produces an ulcer: but this evil is most apt to take place in those of a robust and plethoric habit of body. To allay the itching, the parts

may

may be bathed with a little camphorated spirits of wine, laudanum, or a weak solution of Goulard's extract of lead, in water. About a tea-spoonful of the former to six ounces of the latter, will be a proper proportion of each. To abate the inflammation, it will be necessary to keep the body constantly open with cooling purgatives, and to confine the person to a very spare diet. Those who suffer much from these bites, should constantly wear gloves, and long linen trowsers by day, and by night they should sleep under cover of what is called a musquitto-net, which, being usually made of thin lawn or gauze, is perfectly cool, and effectually shuts them out.

To these remarks, I beg leave to add a few observations on the proper management of new negroes, and the treatment of slaves in general.

The planter who buys full grown negroes, will seldom, if ever, be repaid by their labour for his original purchase-money, as they never can be made so tractable and useful on a sugar estate as those of a younger age; and they, moreover, for ever bear in their minds a lasting remembrance of their country, friends, and families, from whom they have been separated, which not unfrequently brings on a despondency and pining away, that is apt to terminate in their total loss. From ten to fifteen years is the best age to purchase slaves, as their affections are then easily weaned from all retrospective scenes, and by meeting with an indulgent and tender master, they look up to him as their guardian and protector upon all occasions.

In inuring new negroes to the labour of a sugar plantation, they should at first be only employed in doing that work which is light and easy. In the rainy season of the year, they should be warmly clothed, and exposed as little as possible to the inclemency of the weather; and, I hardly need add, that at all times they should be comfortably lodged, well fed, and in every other essential point, most minutely attended to.

New negroes are apt, soon after their arrival in the West Indies, to be attacked with eruptive and cuticular complaints, owing to their mode of treatment on board the ships which bring them from the coast of Africa. In general, therefore, it will be advisable to give all such a little flour of brimstone for four or five successive mornings, and then a purge of a gentle nature, such as seawater, which course should be persevered in for about a fortnight. Some instances will perhaps occur where these simple means may not prove sufficiently efficacious, and then recourse must be had to alteratives, as mentioned under the head of scorbutic eruptions.

On every estate, there should be an hospital erected for the reception of the sick, and this must always be kept perfectly clean and well ventilated, and by no means ever be used as a place of confinement for ungovernable and run-a-way slaves, as is the common practice on most plantations. It ought to have a boarded floor, and be constructed on such a plan, as to have a separate apartment for the nurse who attends the sick, and also another for the accommodation of lying-in women, the last of which should be furnished with comfortable beds, and other necessary conveniencies. Many children are annually lost, and the mothers often, also, by permitting negro women to lay in at their own houses, which are not only constantly enveloped in a cloud of smoke, from being built without any chimney, but are also frequently in such bad repair, from their own neglect and inattention, as to admit both rain and wind. Many other evils might be pointed out, such as their having improper things brought to them by their friends, the chance of their being neglected by being at such a distance from the manager, and the probability of their going abroad sooner than what is proper. These bad consequences are so very obvious, that I am surprised the practice of suffering them to lie-in at their own houses has ever been adopted. Similar objections may be started against the sick and indisposed negroes being suffered to remain at their houses instead of being in the hospital; for, certainly, when they are dispersed about in the above manner, it is impossible for one nurse to attend as constantly as some of them may require. I am fully sensible that most good and well-inclined negroes do not like, when they are indisposed, to be kept in the sick house, as it is usually termed, being hurt, I presume, at being lodged under the same roof, and perhaps kept in the same apartment, with those who are confined for misconduct and every species of villainy.

Pregnant women should never be kept in the great gang of negroes, after they are three or four months gone with child; but ought then to be employed in doing some slight work, such as weeding canes, and picking small bundles of grass: and when they are advanced as far as the seventh or eighth, no duty whatever should be required of them. I mention this as an indulgence which ought to be granted to them by way of encouragement to them to go out their full time, and not from conceiving that moderate exercise is by any means improper for pregnant women, as I am decidedly of the contrary opinion, being fully sensible, that the leading too sedentary a life, is often the cause of much mischief to them. It perhaps is almost

unnecessary

unnecessary for me to add, that every possible attention and care should be paid to the woman after she is delivered, and that proper nutriment, adapted to her condition, should now be given to her, instead of the ordinary allowance of the estate. Indeed, I have usually found, that whatever was judged necessary on these occasions, was readily furnished. The infant, immediately after birth, should be entrusted to some careful woman who has been accustom'd to the management of young children, under whose charge it should remain until the mother acquires sufficient strength to attend to it herself. Every matter should furnish at least a couple of changes of baby linen for each infant, and not place an entire reliance on what the mother has thought proper to provide for it. All proprietors that regard their interest, as well as the welfare and comfort of their slaves, will, no doubt, pay an attention to every minute circumstance of this kind. Indeed, I have the pleasure of knowing several who reside in England that annually send out baby-clothes for the use of their breeding women.

The usual indulgence which is granted by all masters to their lying-in women, of not calling upon them to do any kind of work whatever until after the expiration of four weeks, is much to their credit; and even if a longer rest from labour is judged necessary by the surgeon who attends the estate, it is in general readily granted. How different is the lot of poor labouring women in this part of the world, many of whom I have known to undergo great toil and fatigue a very few days after being delivered, or else their children must have been deprived of that morsel of bread which prolonged their existence from one day to another?

The many children that die within the course of the first month of their birth, and the very few that are reared, in proportion to the numbers that are born, which renders it necessary for the proprietor of almost every sugar estate whatever to purchase every now and then African negroes at a very high price, in order to keep up his proper and original strength, should prove a stimulus to all owners of slaves, to give every possible encouragement to their breeding women to take proper care of their offspring. A small pecuniary reward bestowed on those who rear them to the age of two or three years, with certain exemptions from the daily labour performed by the other slaves, would, in all probability, be accompanied with the good effect I allude to. Some additional mark of favour shewn to those negroes who form connexions with one another on the same estate to which they both belong, would also be proper,



per, as they not only frequently expose themselves to wet and inclement weather, in going from one plantation to another, at a very late hour of the night, on errands of this nature, but also leave their children totally neglected. These and other encouragements which might be held out, would, no doubt, also prompt the women to lay aside that unnatural and infamous practice which prevails amongst them, of taking things to bring on an abortion, in order that they may not be incumbered with the confinement and trouble necessarily attendant on their becoming nurses.

The decrease of negroes that takes place on most sugar estates, has been unjustly attributed to various acts of cruelty and severity exercised over them by their masters, or those entrusted with their charge. These men have been held up to the world as a set of arbitrary and despotic tyrants, committing wanton barbarities and inhuman acts upon their slaves, without either mercy or controul.— Absurd, false, and inconsistent reports of this nature, have been industriously propagated by a few misguided zealots: but as the credit and interest of the master are so closely connected with the welfare of the slave, surely every man of the least discernment must, on a moment's cool and deliberate reflection, immediately be convinced of the error and fallacy of such assertions. It is annexed to human nature, to be governed a good deal in our actions by self-interest; and certainly when the cause of humanity and a fellow feeling for each other are also joined, they must operate powerfully even on those of the most savage disposition. A few instances may perhaps have occurred, where men, led away by the impetuosity of their temper, may have inflicted a severer chastisement on a negro than what his offence might have merited; but to stigmatize and brand every slave-holder with the title of cruel oppressor and tyrant, from rare occurrences of such a nature, is highly unjust. I am happy in being able to say, that during a residence of nine years in the West-Indies, I never was called upon to administer assistance to a negro in consequence of any violence or cruelty exercised over him, either by the master, manager, or overseer, although I had upwards of three thousand annually under my care as a surgeon.

For the keeping up a proper subordination on a sugar estate, where the number of blacks so greatly exceeds that of the whites, it is however as necessary, as in the army and navy, to correct those who are negligent of their duty, or who transgress the laws of their country; but, in both instances, the punishments inflicted on negroes fall far short, in point of severity, of those imposed either on soldiers or sailors;

sailors; and white people in this country, often forfeit their lives for felonious acts, whilst negroes for similar offences receive, perhaps, only some slight corporal punishment, or are confined during their hours of rest from labour.

The decrease of number, which takes place amongst the negroes on most sugar estates, ought more properly to be attributed to the early commerce with the other sex, which these females addict themselves to; the life of prostitution they lead, the abortions they endeavour to bring on when they happen to prove pregnant, the number of children that die in the first month after their birth, the several chronic diseases (such as the whites and falling of the womb) with which women are more afflicted in warm climates than in cold ones, the length of time they continue to suckle their children, the usual disproportion of females to that of males imported from the coast of Africa, the frequent prevalence of epidemical disorders of various kinds which are apt to terminate fatally, the free use the generality of negroes make of spirituous liquors, and, lastly, the nightly dances and nocturnal ramblings they gratify themselves with, which not unfrequently are attended with mortal consequences. Many other causes might likewise be enumerated, but those which have been mentioned are the most general.

Much has lately been written and said about the state of servitude under which the negroes are held in the sugar colonies, and the injustice of depriving them of the natural rights of man, by selling them as slaves; but those who are acquainted with the nature of the slave trade, well know that all such as are sold to the African traders, are either born in slavery, banished from their own country for heinous crimes and misdemeanors, or else have become prisoners of war; and that before this species of commerce was established, all of the latter denomination were usually sacrificed as victims. And every man who has resided for any length of time in the West-Indies, must be of a clear and decided opinion, that although negroes are under a state of bondage, they nevertheless enjoy a great superiority, in every thing that relates to the necessities and conveniences of life, over the poor in the remote and interior parts of either England, Ireland, or Scotland; and that the eye is often shocked at the scenes of distress which daily present themselves amongst the whites in these kingdoms, that are never to be met with or seen amongst the negroes. The peasant, or day labourer, in Britain, earns, perhaps, a shilling a day, out of which he has to provide food, raiment, and an habitation for himself and family; if he falls

falls sick, their chief support ceases until he is again restored to health; and if he dies, they are either thrown upon the parish, from which they receive but a very scanty allowance, or else they become vagrants, wandering from place to place, in pursuit of charity and a precarious subsistence. The case is very different with the slave; he is supplied with proper food and cloathing by his master, a comfortable habitation is allotted to him, for which he pays no rent, the little property which he becomes possessed of from industry is inviolably secured to him, and not liable to be laid hold of by a merciless landlord, or rapacious steward; he has not to encounter with the hardships attendant on a severe winter, from which the poor whites suffer so much almost every year. In health, he has a protector; in sickness, he is cherished, nourished, and also attended by some skilful surgeon, or physician; and, in the hour of death, his last moments are not embittered with painful reflections at leaving a helpless wife, with, perhaps, several children, totally destitute of every necessary and comfort of life. On his demise, the master becomes the guardian of the latter, and, by unremitted attention and tenderness, rears them to a state of manhood; and to the widow, he is a comforter and supporter.

The parliament, by having directed its attention to the treatment of negroes on board of the ships which transport them from the coast of Africa to the West-Indies, and, by having laid several restrictions on these traders, has, no doubt, obviated the principal inconveniencies which these people suffered during their long voyage, and, for doing so, it deserves the highest commendation and praise. By exerting its further authority, in order to put slaves on a more respectable footing, and, by limiting the power of the master over them within proper bounds, (however rare the instances of any abuse of it may have been), it certainly will act wisely and properly; but, in pursuing the steps which have been taken for bringing about an abolition of the trade, it most assuredly acts very impolitically, as the nation at large holds an interest in the slaves that are imported into the sugar colonies, by the vast revenue which is annually drawn from their labour; as also by their great and general consumption of all kinds of British manufactures, the many hands that are kept constantly at work on their account, and the great number of shipping and mariners that are always employed, both in the West-Indian and African trades; and, moreover, it has been fully proved by indisputable evidence, that some of the neighbouring powers have lately been induced to fit out a greater number of vessels than usual for the coast of Africa,

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in order to purchase negroes, and that many others mean to engage seriously in the trade, if any abolition of it takes place here. I may also add, that the parliament, in ordering an abolition of the slave trade, will be guilty of the greatest injustice to every West-India proprietor, as these, under the protection and sanction of government, have been induced to lay out large sums of money in the purchase of lands, the proper and beneficial cultivation of which never can be carried on unless by fresh supplies of African negroes every now and then; as daily observation and experience have proved beyond a doubt, that not one estate in fifty can keep up its original number, even although the greatest humanity and lenity have been practised, and all possible pains have been taken for rearing the children that have been born. The causes of this unfortunate decrease have already been mentioned.

Some people unacquainted either with the nature of the climate, or soil, of the West-Indies, have ridiculously asserted, that the importation of negroes into the islands is totally unnecessary, as the lands may be cultivated by white labourers with the assistance of the plough; but every man who has resided in the sugar colonies for any time, must be convinced of the absurdity of such an assertion. There are, no doubt, level situations in many of the islands where the plough may be employed with ease and advantage; but there are others, and by far the greater part, which are so rocky and mountainous, that it is absolutely impossible to make use of it. It is an established rule with every skilful planter never to do any thing by the manual labour of his negroes which he can effect by any other means, and therefore wherever carts, horses, mules, or oxen, can be used, they are always substituted. With regard to white labourers being employed instead of negroes, I must observe, that even could Europeans be induced to emigrate in sufficient numbers for this purpose, they would, in my opinion, soon fall martyrs to the climate, not only from the great exhaustion of strength and animal spirit, which their labour would infallibly occasion, but also from that unavoidable exposure which they must undergo, both to the intense heat of the sun by day, and to the heavy dews which fall by night, whereas heat seems to occasion no inconvenience whatever to negroes; on the contrary, they delight in basking themselves in the sun under its most powerful influence, instead of retiring to a situation where they might be perfectly sheltered from it.

From a consideration of the foregoing arguments I am clearly of opinion, that the sugar colonies cannot be cultivated by any other means than the manual labour of

negroes;

negroes; and that, as there is an annual decrease of at least two or three per cent. on most estates, the produce sent home to this country must of course lessen every year, and in time dwindle away to mere nothing, to the infallible ruin of every West-India proprietor, and very great injury to the revenue of the crown, unless the fresh importation of slaves is allowed of as heretofore.

**MEDICAL**

# MEDICAL ADVICE, &c.

## OF FEVERS IN GENERAL.

**T**O give a definition of fever, it may be called a disease which affects every part of the body, the head, stomach, trunk, and extremities, the heart, arteries, veins, and capillary vessels; accompanied with a great increase of the natural heat of the body, a quick pulse, and a difficulty of performing some of the vital and animal functions.

The most general division of fevers, is into intermittent, remittent, and continued. An intermittent is where the paroxysms, or attacks of fever, take place at some distance of time between each other, or, in other words, where the fever quits the patient for a time, and then returns again. A remittent is where the fever abates, but does not go off entirely, before a fresh attack ensues, or where one paroxysm succeeds the crisis of the other so quickly, that the patient is never without some small degree of it. A continued goes on for several days, without any evident remission or intermission. This last is again subdivided into the acute, the nervous, the putrid, or malignant, and the bilious; each of which are to be treated of.

**CAUSES.** These are too well ascertained to require a particular investigation; therefore it will only be necessary to observe, that they arise frequently from exposure to cold, from excesses of all kinds, from the suppression of habitual discharges, and from uneasiness of mind, dejection of spirits, and great bodily fatigue.—An epidemic constitution of the air is not an unfrequent cause of fever in the West-Indies; but an exposure to wet and moist air, is the most general.

**SYMPTOMS.** Certain appearances take place on the first attack of fever, and constitute what is called the first stage, or cold fit; other symptoms arise when the fever has taken place, and establish its second stage, or hot fit; and a fresh set ensue when the disease is about to go off entirely, which points out the third stage, or crisis. In the first stage, the patient complains of great languor and weariness, with a depression of strength and spirits, loss of appetite, coldness, and insensibility of the extremities,

pains in the head, back, and loins, a want of taste in the mouth, and chilliness; the pulse is then small and contracted. On the approach of the second stage, the tongue becomes dry and parched, there is a great heat and want of moisture in the skin, with thirst, flushing of the face, nausea, inclination to vomit, oppression at the breast, violent pain in the head, universal restlessness, costiveness, and often a delirium; the pulse has become at the same time very full and quick. The increased action of the heart and arteries at length going off, the small vessels become relaxed, the pulse is free, moderate, and of its natural speed, the skin soft and moist, the tongue clean, the secretory organs are also relaxed, and the fever goes off either by a copious perspiration, increased secretion of urine, or gentle diarrhœa ensuing. This constitutes the third stage, or crisis of fever.

A fever always terminates either by a regular crisis, in the above manner, or, from the febrile matter falling upon some particular part, it ends in eruptions, inflammations, abscesses, or the death of the patient.

**TREATMENT.** The erroneous idea entertained by some people, that fever is not a disease, but the means employed by nature to get rid of something hurtful to the system; and that by removing it speedily, the noxious matter would thereby be pent up in the body, is truly absurd, and what I would caution every West-Indian practitioner from adopting; as fevers in warm climates are very rapid in their progress, and will not admit of any time being lost in the administration of trifling and ineffectual medicines, such as are too frequently used in cold climates on their first attack; redounding much to the advantage of the apothecary, but very little to the recovery of the patient.

The organs of digestion being much disordered in fevers, solid food of all kinds becomes highly improper, and, as animal broths produce an increase of heat in the body, they should likewise be abstained from. The diet must consist of such things as are light, nutritive, and easy of digestion, as decoctions of barley, oats, and rice, which may be varied now and then with panada. The usual drink may be infusions of balm, sage, and other herbs; and as sick people are apt to loathe a thing when long continued, these may now and then be changed for lemon or tamarind beverage.

If advice is applied for immediately on the first attack of the fever, and the pulse is full, hard, and obstructed, or if there is great redness of the eyes, flushing of the face, and a considerable increase of the natural heat of the body, we may then venture to draw off a few ounces of blood.

Blood. It is by some people imagined, that blood drawn in warm climates, seldom, if ever, exhibits any buffy coat on its surface; but this is a manifest error, as I have observed it do so in innumerable instances. When the above symptoms are present, which evidently point out an inflammatory tendency, bleeding, to about the quantity of six or eight ounces, will be adviseable; but when no such symptoms exist, then it ought not to be done.

The state of the stomach should next be attended to, and if there is any nausea, or inclination to vomit, a gentle emetic of fifteen grains of ipecacuanha, with a grain of tartar emetic, ought then to be given: it may be worked off with an infusion of camomile tea. Having thus acted, we ought to inquire after the state of the bowels, and, if any costiveness prevails, some gentle purgative, as castor oil, Glauber's salt, or cream of tartar and manna, may be ordered. When the patient is debilitated, from the long continuance of the fever, a laxative clyster will be more adviseable, and this should be repeated daily, if no natural stool takes place. The clyster may be composed of half an ounce of purgative salts, dissolved in three-fourths of a pint of thin water-gruel, with the addition of about an ounce of castor oil.

Obstructed perspiration being frequently a cause of fever, we are next to endeavour to bring a moisture on the skin. To obtain this end, relaxants may be used both externally and internally. The feet and legs are to be put for a few minutes into warm water, and when wiped perfectly dry, the patient may then go to bed, and take small doses of some diaphoretic medicine, repeating them every two or three hours, that their effects may be constant; as such, any of the following may be used: Five grains of diaphoretic antimony, with the fourth of a grain of tartar emetic; or, four grains of ipecacuanha, with three of camphor, made up into a bolus, with a little conserve of roses; or, the fourth of a paper of Dr James's powders; or, forty drops of antimonial wine in a little herb tea.

The chamber of the sick should not be kept close and warm, but, on the contrary, perfectly airy and cool. When the heat and thirst are very great, cooling medicines, such as nitre and Mindererus's spirit, may be added to the former; and a saline draught may be taken every three or four hours. This is made by mixing an ounce of lemon juice with a little water and sirup, and then adding ten or fifteen grains of the salt of wormwood. In those cases where particular parts of the body are much affected, as where there is a delirium, violent pain in the head, or great oppression of breathing, blisters will be serviceable and necessary; to which may be added, the aid of stimulating

cataplasms when the pulse sinks, or the extremities grow cold. Camphor and musk may also be given with advantage in this last mentioned instance; and when cold clammy sweats arise, wine may be allowed.

If in the course of the fever a severe purging should take place, it ought immediately to be checked by giving about fifteen grains of toasted rhubarb in an ounce of cinnamon water. If this has not the desired effect, recourse must be had to astringents. See *Diarrhœa*. If particular longings arise in fever, they should always be moderately gratified.

In fevers, the sleep is generally much interrupted and disturbed: but opiates cannot be administered with safety, as the rest they procure seldom proves refreshing to the patient. If their use is ever adviseable in a fever, it can only be towards its close, or going off.

In the continued fever of warm climates, we ought not to wait for a compleat crisis before we give the Peruvian bark, but should embrace even the least remission, be it ever so short or imperfect; and then it should be taken in as large doses as the stomach will bear, and repeated at least every two hours. This course is to be persisted in for several days, that a fresh attack may be prevented. The patient is not to venture abroad too soon, and is carefully to avoid all exposures to the sun in the middle of the day, and to damp moist air, but more especially by night; his exercise should be taken in the cool of the morning and evening; his diet must be light and nourishing. If his residence has been in a town, he ought to remove into the country as soon as his strength will admit of it. Stomachic bitters, a moderate use of wine, and the cold bath, will greatly tend to a speedy recovery.

#### OF INTERMITTENT FEVERS.

An intermittent is where the fever quits the patient for a time, and then returns again, having a distinct and perfect intermission between each attack. Different names have been given to this species of fever, according to the frequency of its return. When it comes on every day, it is called a quotidian; when every other day, a tertian; and when it attends on the first and fourth day, and the patient is two whole days free from any attack, it is then known by the name of a quartan. When these fevers come on in the spring of the year, in cold climates, they are called vernal; but, when in autumn, they are then known by the name of autumnal.

**CAUSES.** During the months of August, September, October, and November, at which period the rainy season prevails



prevails in the West-Indies, the inhabitants are surrounded with a moist, damp atmosphere; from which cause intermittent fevers then become more or less general, particularly in low situations, by a sudden check being given to the perspiration. Laying in damp rooms, keeping on clothes that have been wetted by rain, wearing linen not sufficiently dried, and exposing the body to cold, or moist air, will give rise to intermittent fevers at all seasons of the year.

**SYMPTOMS** The patient is seized at first with a pain in the head and joints, coldness of the extremities, shivering, difficulty of breathing, sickness at the stomach, and a quick small pulse; after a little time violent heat, thirst, restlessness, pains in the head and back, and a vomiting ensue, and the pulse becomes full, strong and hard. When the attack is severe, then perhaps a delirium will arise. After a few hours continuance of these symptoms, a gentle moisture breaks out over the whole surface of the body, and at length the fever goes off. It often happens, that the intermission is rather imperfect at first.

**PROGNOSTIC:** If the attacks are of short duration, and leave the intervals quite free, then we may expect a speedy recovery; but if they are long, violent, and attended with much anxiety, restlessness, and delirium; or if severe evacuations take place, so as to exhaust the strength; or if the fever becomes of the continued kind; then the event will be doubtful. Intermittent fevers, when long protracted, frequently terminate in a schirrus of the liver, and dropsical swellings.

**TREATMENT.** On the attack of the cold fit, the patient must be put to bed, and ordered to drink freely of warm balm, or sage tea, acidulated with orange or lemon juice. If any nausea, or inclination to vomit, arises, the efforts of nature to discharge the offending matter, should be assisted by giving an infusion of camomile flowers, or wild sage tea; but should no such symptoms appear, we may wait for the going off of the cold fit. When the hot one succeeds, we may order a vomit of about fifteen grains of ipecacuanha, with a grain of tartar emetic. The last hastens the operations of the former, and more effectually clears the stomach than when the ipecacuanha is given alone.

If, on the first or second attack, the fever should run high, and be attended with symptoms of inflammation, or an obstructed pulse, a few ounces of blood may then be drawn off with advantage and propriety; but great caution must be used in warm climates not to make free with the lancet when there is no occasion.

The bowels should next be emptied by some gentle pur-

gative. If any collivenss afterwards arises, laxative clysters must be given.

During the course of the hot fit, (proper evacuations having been premised), relaxant medicines may be made use of in any of the forms recommended in the general treatment of fevers; or a quarter of a grain of tartar emetic dissolved in two table spoonful of the saline julap, mentioned under the same head, may be taken every two hours.

If by these means an intermission, or remission, is procured, the Peruvian bark should then be taken in doses of about two drachms each, and be repeated every hour if the stomach will bear it. If it rejects the powder, an ounce of it may then be boiled in a quart of water until one half is evaporated. When cool, let it be poured clear off, and a wine glass full, with the addition of eight or ten drops of elixir of vitriol, be taken for a dose. This course is to be continued for some days after the attacks cease, and not to be left off immediately on the cessation of the fever, as is too frequently done. In some cases of obstinate intermittents, which would not give way to the Peruvian bark, I have found the desired effect from using a strong decoction of the wood of the bitter ash tree. This being an efficacious substitute for the former, is frequently given to negroes instead of it. If, from the use of the bark, any degree of purging should ensue, a few drops of laudanum may be added to each dose.

It often happens from long continued intermittents, that dropical swellings, and scirrhosities of the liver, and other viscera, arise: these are to be removed by giving medicines that strengthen the system, such as warm stomachics, chalybeates, and bitters. (See Hypochondriasis, Dropsy, and General Relaxation). The administration of some gentle purgative now and then, will also be necessary.

If, in the course of the disease, the head should be affected with violent pain, stupor, or delirium, the application of a blister to the back or neck may then be necessary.

A change of air and situation have sometimes a happy effect in removing an intermittent fever. If none of the viscera are affected, the cold bath may be made use of early in the morning, when the fever is off. With regard to the proper things for diet, only those that are nutritive, and easy of digestion, such as sago, panada, and thin broths, ought to be allowed. When the fever goes off, the moderate use of wine may be permitted, as also that of animal food. Great care must be taken to avoid all exposures to the damp air of the night, and such other causes as might produce a relapse, or fresh attack.



## OF REMITTENT FEVERS.

**IN** a remittent fever, although the symptoms abate very much, yet no perfect intermission of any duration takes place.

**CAUSES.** This fever chiefly attacks those who have been long inured to the climate, and is most frequently occasioned by an exposure to moist damp air, when the pores are open; hence it becomes pretty general, when heavy rains and great moisture quickly succeed intense warm and very dry weather.

**SYMPTOMS.** Preceding an attack of this fever, the patient is usually heavy, languid, and costive; he is also sensible of a great oppression at the breast, and is troubled with anxiety, listlessness, and frequent sighing. On the access of the fever he complains of a severe pain in the head and back, thirst, heat of the whole body, and a great dejection of spirits; the difficulty of performing respiration, and the oppression at the breast, are now likewise considerably increased. After a continuation of, perhaps, about twenty hours, the fever then abates considerably, or goes off imperfectly, for a very short time, and then, if wholly neglected, returns again with an aggravation of all the symptoms. The heat of the body is considerably increased, the face is flushed, the eyes look red and inflamed, the thirst is very great, the tongue is covered with a dark brown fur, the respiration is very laborious, and the pulse is quick, throbbing, and tremulous. At the distance of about ten or twelve hours, there is again a remission, perhaps, of all the symptoms, but they very soon return with redoubled violence; a starting of the tendons, intermission of the pulse, considerable degree of stupor, and frequent hiccups, now ensue, which terminate in death about the end of the third day, or beginning of the fourth.

**PROGNOSTIC.** When this fever is neglected at its first attack, (as is too frequently the case), it is apt to turn to a continued. The shorter and more obscure the intermissions, so much the greater will be the danger. Each return is attended with worse consequences, and greater risk, than the former, when proper steps have not been pursued. When the last set of symptoms are present, the event in most instances will be fatal.

**TREATMENT.** As relief can only be afforded at an early stage of this fever, medical advice should always be applied for immediately on its first attack. When any nausea prevails, it will be right to order a gentle emetic of ipecacuanha, working it off with a little weak camomile tea. The operation of the vomit being over, some gentle purgative should next be given, in order to empty the bowels of their

contents. After this, recourse should be had to diaphoretics, and, for this purpose, the camphor bolus, recommended under the head of acute fever, may be taken every three hours; or, the fourth of a paper of James's powders, every two hours, may be substituted, if the desired effect is not produced by the former. The diaphoretic medicine is to be continued until a remission takes place: at this moment (which is to be carefully watched for) the Peruvian bark, with the elixir of vitriol, should be taken as frequently, and in as large doses, as the patient's stomach will bear. During each of the remissions, or intermissions, however short their duration may be, this medicine should be repeatedly administered; for, although its virtue may not be sufficiently powerful at first to prevent a fresh attack, yet it will greatly mitigate the subsequent returns, and, at last, bring about a regular and perfect intermission. Costiveness is to be removed by laxative clysters.

When the head is particularly affected, or where the remissions are very imperfect and obscure, the application of blisters will be necessary.

During the continuance of the fever, the patient must be supported with light nutritive food; and, for ordinary drink, he may use herb teas, &c. gently acidulated. The bark should be continued for several days after the cessation of the attacks; every thing that may tend to bring on a fresh return should carefully be avoided. A change of air and situation may have a good effect in expediting a perfect recovery; especially when assisted by a daily use of stomachic bitters, and the cold bath.

### OF THE ACUTE FEVER.

**AN** acute fever attacks people of all ages and habits, and arises in all the different seasons of the year.

**CAUSES.** It is brought on by violent exercise, great fatigue, exposure to cold and wet, and, by an immoderate use of vinous and spirituous liquors. A great increase of the natural heat of the body is, however, the immediate cause.

**SYMPTOMS.** This fever comes on with a general lassitude, inactivity, chilliness; succeeded alternately by heat and cold, and pains over the whole body, but more particularly in the head and back. These symptoms are shortly succeeded by intense heat, great thirst, redness of the face and eyes, dryness of the skin, oppression of breathing, nausea, furred tongue, vomiting, and a rapid, strong and quick pulse. If the fever runs high, and continues for some days, then delirium, stupor, starting of the tendons, coldness of the extremities, involuntary discharges, both by urine and stool, and hiccups, perhaps, ensue.

**PROGNOSTIC.** When these last set of symptoms are present, the event in all probability will be fatal; but when the febrile heat abates, the other symptoms moderate, and a general and free perspiration takes place, we may expect a regular and perfect intermission, with a favourable termination. Relapses are always attended with great danger.

**TREATMENT.** If the pulse is very full, hard, and strong, (as it generally is at the commencement of this fever) recourse may be had with great propriety to phlebotomy, proportioning the quantity which is taken away to the strength of the patient, and the violence of the symptoms. If the fever is of several days standing when advice is applied for, bleeding should not be thought of, for obvious reasons. If there is any nausea, a vomit of fifteen grains of ipecacuanha, with a grain of tartar emetic, may afterwards be taken, and be worked off with a warm infusion of camomile flowers. One or two stools a day must be procured likewise, by injecting an emollient laxative clyster, if necessary.

To obviate the heat and dryness of the skin, we should next endeavour, by the help of diaphoretic and relaxant medicines, to promote a moisture on its surface. For this purpose, any of those recommended under the head of the general treatment of fevers, may be given; or three grains of tartar emetic, with a drachm of nitre, may be dissolved in twelve table spoonfuls of water, and a table spoonful and a half thereof may be taken every two hours. If, after a sufficient trial of these medicines, the desired effect should not be produced, we may then substitute Dr. James's powders, of which the third of a paper may be given every three hours to an adult, and in the like proportion to children. Diluting teas, as those of balm and sage, must be drank freely of at the same time.

If any vomiting should arise, the saline draught, taken in the act of effervescence, will put a stop to it. Give the patient an ounce of lemon-juice mixed up with a little water and sirup; and let him swallow immediately after it, three table spoonfuls of water, in which about fifteen or twenty grains of salt of wormwood have been dissolved.

Should there be any violent affection of the head, as stupor, delirium, or great pain, a blister may be applied either to it or the back. If a coldness of the extremities comes on, with a sinking feeble pulse, then stimulating cataplasms, made of bruised mustard-seed, horse radish, and vinegar, may be put to the soles of the feet, and palms of the hands. The following bolus may also be given every three hours: Take eight grains of the powder of Virginia  
snake

snake root, three of camphor, and a quarter of a grain of tartar emetic, and form them into a bolus, with a little conserve of roses.

A diarrhœa, or purging, sometimes comes on, which, should it not prove critical in carrying off the fever, must be stopped, by giving a few grains of roasted rhubarb. Fifteen grains of the Japan confection, dissolved in two ounces of cinnamon water, may be taken every four or five hours, if the former does not procure relief.

As soon as the least remission is procured, be it ever so short or imperfect, the Peruvian bark is to be given in large doses, and these are to be repeated very frequently; which course must be persevered in for several days after the entire cessation of the fever. If it occasions any purging, as it is very apt to do at first with some constitutions, a few drops of laudanum may be added to each dose. If the stomach is too weak to retain the bark in powder, a decoction of it, with a few drops of the elixir of vitriol added to each dose, may be made trial of. For the mode of preparing it, see the treatment of Intermittent Fevers. Making use of Huxham's tincture of the bark will be attended with a good effect in cases of this kind.

During the whole course of the fever, the patient is to abstain from solid food and animal broths, supporting nature with preparations of barley, sage, panada, &c. Herbs teas properly acidulated with a little lemon-juice, infusions of preserved tamarinds, and common lemon beverage, may be given alternately as ordinary drink. A change of air and situation, gentle exercise in the cool of the day, cheerful company, and a moderate use of wine, will greatly contribute to the speedy recovery of convalescents. All causes which may bring on a return of the fever, are carefully to be avoided.

### OF THE NERVOUS FEVER.

THE acute fever is often converted in warm climates into this disease, owing to the weak, relaxed habits of the people, and their very free indulgence in many things which debilitate the constitution.

**CAUSES.** Hard drinking, great sensuality, uneasiness of mind, intense thought, and exposure to cold and moisture, will, in weak and irritable habits, prove occasional causes of this fever.

**SYMPTOMS.** The patient is seized with great languor, lassitude, dejection of spirits, desponding countenance, loathing of food, anxiety, nausea, and slight chills and shiverings. The pulse is, at the same time, small, low, and frequent, and now and then, perhaps, intermits. As the disease

disease advances, difficulty of breathing, great oppression at the breast, cold clammy sweats, and delirium, ensue; the whole nervous system becomes affected, and involuntary motions of the muscles, starting of the tendons, and a frequent picking at the bed-clothes, are observed.

**PA GNOTIC.** If the last mentioned symptoms are succeeded by cold, clammy sweats, a sinking of the pulse, and coldness of the extremities, great danger is then to be apprehended.

**TREATMENT.** At the commencement of this fever, a gentle emetic of fifteen or sixteen grains of ipecacuanha may be given, if there is any nausea, or inclination to vomit. In case of costiveness, the intestines may be emptied by the injection of an emollient clyster, composed of water-gruel, common salt, and about an ounce of castor oil, which is to be repeated as often as occasion shall require. This mode of procuring a daily stool will be far preferable to giving purgatives, as these would prove highly injurious. Bleeding is never to be used in this fever, for the same reason.

A gentle perspiration may be promoted with advantage, by any of the relaxant and diaphoretic medicines mentioned in the treatment of fevers in general. The following bolus may be substituted when the former fail: Take of the powder of Virginia snake root, five grains, of camphor and the salt of hartshorn, two grains each, and the third of a grain of tartar emetic, which form into a mass of the size of a nutmeg, with a little conserve of roses, and direct it to be given every two hours. Proper care must be taken, however, not to excite profuse sweats in this fever. Blisters may be used at a very early stage of it, as, by their stimulus, they will prove of infinite service. The moderate use of wine may be allowed, also, at an early period of this fever (good old Madeira being the best kind) as it will prove a better cordial than any medicine which an apothecary's shop can furnish. It may be given diluted with water to the patient, as his ordinary drink, and may also be mixed with whatever food he takes, which should be only such as is light and nourishing.

To remove the dejection and lowness of spirits which always prevail, we may add to the use of wine, repeated small doses of musk and camphor; ten grains of the former, with three of the latter, made into a draught, with a little cinnamon water, may be taken every four hours. These may also be given when hiccups, starting of the tendons, and other strong nervous symptoms, prevail.

If any purging arises, it must immediately be stopped, by giving some astringent, as mentioned under the head  
of



of Diarrhœa, which see; or a scruple of Japan confection dissolved in two ounces of cinnamon water, with the addition of ten drops of laudanum, may be taken as a draught every four hours. If profuse clammy sweats break out, besides the use of wine, small doses of the tincture of Peruvian bark may be ordered. Upon the first intermission, or remission, however short or imperfect, immediate recourse must be had to the Peruvian bark, the powder of which is to be taken in large doses with wine, and to be repeated frequently. If the stomach rejects the powder, Huxham's tincture may then be made use of.

During the continuance of the fever, the patient is to be kept quiet, and free from the intrusion of visitors; but as soon as he is able to sit up, cheerful company should then be procured for him. When there has been a sufficient recruit of strength, gentle exercise on horseback ought to be taken, and the scene varied frequently. Some kind of stomachic bitter, or chalybeate, may also be used. The cold bath will greatly tend to remove that weakness and irritability, which this fever is so apt to leave behind it.

#### OF THE PUTRID, OR MALIGNANT FEVER.

THIS fever is so named, because, when it continues any length of time, symptoms of putrefaction are apt to take place. It is most apt to arise in habits that are weak and relaxed, having, at the same time, an acrimonious tendency in the humours of the body. Autumnal intermittents of the bilious kind, when neglected, or improperly treated, are apt to degenerate into continual fevers, which, at last, become putrid ones.

**CAUSES.** It is sometimes produced by a peculiar state of the air, and then becomes epidemical, as happened in the island of St. Christopher's, in the year 1788, when several hundred negroes, as well as many white people, died in a short space of time of it. From its raging violently in jails, and on board of ships, where there is not a proper ventilation kept up, it is evident that confined air, and a want of cleanliness, are frequent causes of it. Putrid exhalations and vapours, as also very damp weather succeeding a great drought and intense heat, will likewise give rise to it. It is often propagated by infection, as it frequently attacks those who attend the sick, and not uncommonly becomes general through a whole family.

**SYMPTOMS.** It comes on with a coldness, languor, head-ach, pain in the back and extremities, great thirst, dryness, and foulness of the tongue, nausea, vomiting of bile, considerable depression of spirits, loss of strength, and frequency

frequency of the pulse. As the disease advances, the pulse becomes more frequent, being upwards of one hundred in a minute; there is vast debility, dryness of the skin, soreness and oppression at the breast, dejection of spirits, and a dark brown fur all over the tongue. If the fever still continues to increase in violence, then symptoms of putrefaction arise: the breath becomes offensive, fetid stools and sweats ensue; the urine deposits a black sediment, hæmorrhages break out from different parts of the body, livid spots appear over its whole surface, the pulse intermits, the extremities grow cold, and death closes the scene.

**PROGNOSTIC.** Purple and livid spots, involuntary and offensive discharges by urine and stool, starting of the tendons, difficulty of swallowing, wild staring of the eyes, and hæmorrhages, point out the near approach of the patient's end.

**TREATMENT.** In this fever bleeding never should be used. The first thing to be done is to cleanse the stomach by a gentle emetic, which may be worked off by drinking plentifully of an infusion of camomile flowers. A considerable quantity of black bilious matter will be brought off by these means. The contents of the bowels are next to be evacuated by some gentle laxative, as the following. Dissolve half an ounce of manna, and two drachms of cream of tartar, in four ounces of boiling water, for a dose. If it does not operate sufficiently, an emollient laxative clyster may then be given.

A gentle moisture may be brought on the skin by diaphoretic medicines. The following bolus may be prescribed with this view, every four hours drinking a little wine whey after each: Take eight grains of the powder of Virginia snake-root, three of camphor, the third of a grain of tartar emetic, and as much conserve of roses as will be sufficient to form them into a mass of a proper consistence. Profuse sweats are, however, to be avoided in this fever.

If, during the first stage of this fever, there should be any very violent affection of the head, a blister may be applied to it, or the back; but, after putrid symptoms have appeared, blisters will be highly improper.

In the first stage, the patient's food should consist of preparations of barley, sago, and panada, with the addition of a small quantity of Madeira wine; but when symptoms of putrefaction are likely to ensue, a liberal and free use of it may be allowed, together with acids and other antiseptics. All kinds of acid fruits will now be proper; and whatever is drank, should consist of wine properly diluted and also acidulated with lemon or orange juice.

If there is no delirium, or stupor, we may now likewise administer the Peruvian bark, in large and frequent repeated doses. Should the stomach reject the powder, a decoction of it, prepared as mentioned in the treatment of Intermittent Fever (which see) may then be given with the addition of ten or fifteen drops of the elixir of vitriol to each dose.

If a purging arises, the bark must be given in wine mulled up with spice, adding a few drops of laudanum to each dose. Should a vomiting ensue, the saline draught, as mentioned under the head of the treatment of Acute Fever, may then be taken in the act of effervescence, and be repeated until a stop is put to it. When petechiæ, or purple and livid spots, have shewed themselves on different parts of the body, and have again suddenly disappeared; or when the pulse sinks, and the extremities grow cold; stimulating cataplasms of mustard, vinegar, and horse-radish, must be applied to the soles of the feet and palms of the hands.

As this fever is, beyond all doubt, frequently propagated by infection and putrid air, the greatest caution should be observed to keep the patient's bed chamber properly ventilated, by allowing a constant and free admission of fresh air. It should also be sprinkled every now and then with a little vinegar, or rosemary, or camphorated spirits. Those who attend the sick, in order, if possible, to guard against infection, should avoid sitting down on the beds of the deceased; and they may also frequently apply a handkerchief, moistened with any of the above remedies, to the nose, taking care, at the same time, to change their clothes frequently.

#### OF THE YELLOW, OR BILIOUS FEVER.

THIS Fever is so named from the general yellowness which is diffused over the whole body in its advanced stage. It frequently occurs in those countries which lay within the torrid zone, and principally attacks those who come from a colder climate, and are imprudent and intemperate in their mode of living. It is by no means of a contagious nature while in its first stage; but in its last, or putrid stage, it is highly so.

CAUSES. It is brought on by hard labour and exercise in the heat of the day, and by an exposure to the moist and damp air of the night. Those who are sanguine and robust, and that live freely, and addict themselves to an immoderate use of vinous and spirituous liquors, are the most liable to be attacked by it; hence the thoughtless seaman having gained his destined port, gets intoxicated with new  
ruin,



rum, exposes himself to the heavy dews of the night, and not unfrequently falls a victim to his own imprudence. Heavy rains and great moisture succeeding a long drought and intense hot weather, will greatly predispose to attacks of this fever.

**SYMPTOMS.** It commences with a faintness, giddiness of the head, heaviness over the eyes, chilliness, succeeded by heat and coldness alternately, flushing of the face, redness and burning of the eyes, pains in the back and head, thirst, heat and dryness of the skin, nausea, vomiting of bilious matter, a discharge of high coloured urine, and a quick and strong pulse. These symptoms continue, perhaps, for a day or so; a yellow tinge is then observed in the eyes, and over the breast; a vomiting of frothy bile comes on, the tongue is covered with a dark brown fur, the eyes turn glassy, the pulse sinks and becomes unequal, and a delirium ensues. After a few hours continuance of these appearances, a constant vomiting of dark matter, resembling the grounds of coffee, takes place, the tongue becomes black and dry, the whole body changes to a livid yellow colour, cold clammy sweats arise, the extremities grow cold, hæmorrhages break forth from the mouth, ears, and nostrils, livid spots appear on different parts of the body, bloody stools and urine are voided, the eyes sink in the head, and the patient at last expires.

**PROGNOSTIC.** When the last set of symptoms arise, there then will remain no hopes of recovery.

**TREATMENT.** If a person who is but lately arrived in the West-Indies, or any other warm climate, has been guilty of intemperance, or has exposed himself very much to the moist air of the night, and is, in consequence thereof, attacked with lassitude, heaviness, yawning, and stretching, he ought immediately to lose eight or ten ounces of blood, and then take a good strong dose of purging salts and manna, which he may work off by drinking plentifully of water gruel. He should likewise confine himself to his chamber, and abstain from all animal food, and vinous and spirituous liquors, until these symptoms disappear. Small doses of relaxant medicines, such as any of those recommended in the treatment of Fevers in general, may also be taken after the operation of the purge is over; or, five grains of nitre, with the fourth of a grain of tartar emetic, may be dissolved in a little water for a dose, which may be repeated every three hours, drinking plentifully of warm diluting liquors, such as barley water, herb teas, &c. at the same time.

If these precautions have been observed, and the inflammatory symptoms nevertheless continue to increase, the

losing a few ounces more of blood may, perhaps, be attended with advantage; but, in doing this, a due attention must be paid, not only to the age and strength of the patient, but also to the state of the pulse. If it still continues full and hard after the first operation, it indicates a necessity for a repetition of the bleeding. The lancet, however, is never to be used in this fever only during its first, or inflammatory stage.

The contents of the bowels and stomach should also again be evacuated, for which purpose, an infusion of senna, manna, and cream of tartar, may be taken thus prepared: Boil three drachms of senna in eight ounces of water, until the one half is evaporated, then pour the remainder on half an ounce of manna and two drachms of cream of tartar, strain it, and cool it. If there is any great irritation of the stomach present, and the purge should be thrown up, then a laxative clyster, made by dissolving an ounce of purging salts in a pint of warm water, with the addition of an ounce of castor oil, may be given and repeated until the desired effect is procured. Should the nausea and vomiting be constant, perhaps, it might be right to direct a weak infusion of camomile tea to be taken. When the stomach is sufficiently evacuated of its bilious contents, the saline draught may be given in the act of effervescence (see the treatment of Acute Fever); to each dose of which, half an ounce of cinnamon water, with eight or ten drops of laudanum, may be added.

During this stage of the disease, the patient's drink should consist of decoctions of barley, herb teas, and thin gruel; for, if acids are given at the same time with purgative medicines, they will, in all probability, be thrown up again. As it will be necessary to continue giving purges as long as the stools remain bilious and fetid, acids should not therefore be made use of at the same time.

As soon as the least intermission, or even remission, takes place, the Peruvian bark must immediately be prescribed in as large doses as the stomach will bear, and be repeated frequently. To obviate and remove any costiveness that may arise, some gentle laxative may be made use of. If, during the first stage of the fever, a delirium, stupor, or any other severe affection of the head, should take place, a blister may then be applied to the neck or back; but at any later period, such an application would be highly improper.

Should the fever rapidly increase in progress and violence, notwithstanding these means have been timely adopted, and the pulse become small and low, with other symptoms of an approaching putrefaction, such as fetid stools, purple

purple and livid spots scattered over different parts of the body, and hæmorrhages; then our future endeavour must be to stop the putrid disposition of the fluids, by prescribing antiseptics and cordials. Acid fruits may, therefore, now be allowed of; and every thing that is drank may be acidulated with lemon or lime juice. A negus, made of Madeira wine, sliced oranges, and sugar and water, may be given to the patient for common drink. The Peruvian bark may also be given, with wine, in as large doses as the stomach will bear. If it will not retain the powder, then a strong decoction of it, with snake-root, may be substituted. For this purpose, boil two ounces of bark, and half an ounce of Virginia snake-root in a quart of water, until the one half is evaporated; when cool, let it be poured off clear, and a wine glassful, with the addition of fifteen drops of the elixir of vitriol, be taken every hour, in double the same quantity of Madeira wine. Small doses of camphor may also be given, and all the means and remedies mentioned in the treatment of Putrid Fever will now be proper, as the one disease is evidently converted into the other.

#### OF INFLAMMATIONS IN GENERAL.

IN every species of inflammation there is an increased action of the heart and arteries, propelling forwards a greater quantity of blood into the part affected, by which means its sensibility and irritability are increased, its small vessels distended beyond their natural tone, and the circulation of blood through them rendered more rapid. When an inflammation is confined to one particular part, it is called topical, or local; but when the whole system is affected by it, the term general inflammation is made use of.

Inflammations may properly be divided into the phlegmonous, and the erysipelatous. Those who are of a strong, robust, plethoric habit of body, are most liable to attacks of the former; whereas those of weak and irritable fibres, are most apt to be affected with the latter. A phlegmonous inflammation is attended with symptoms of general inflammation, and is seated principally in the sanguiferous vessels and cellular membrane; whereas, an erysipelatous inflammation is always attended with symptoms of irritation, and occupies the skin when seated superficially, and the mucous membrane, when it is some internal part that is affected. These two diseases requiring different modes of treatment, are therefore put under separate heads.

#### OF PHLEGMONOUS INFLAMMATION.

CAUSES. Phlegmonous inflammation is produced by a sudden exposure to cold and moist air, by the application

of some long accustomed evacuation, or drain; by wounds, bruises, or other injuries, and by the application of stimulants; and is (as was before observed) most apt to take place in those of strong, robust, and plethoric habits of body; hence this species of inflammation occurs more frequently in cold climates than in warm ones.

**SYMPTOMS.** It comes on with an itching, dryness, redness, increased heat and circulation in the part affected; which symptoms are succeeded by a tumour, swelling, and shooting, throbbing pain. If the inflammation runs high, then an increased action of the heart and arteries takes place, the pulse becomes full, hard, and quick, and a feverish disposition arises.

**PROGNOSTIC** This is to be drawn from the symptoms which are present, as well as from the seat of the inflammation. If the inflammatory appearance ceases suddenly, blisters, discharging a thin ichorous matter, arise, and the part loses its sensibility, and becomes of a purple livid colour; then a mortification will very soon ensue. A gradual abatement of the inflammation, with a gentle moisture breaking out over the whole surface of the body, may be regarded as the prognostic of a favourable event. Inflammations of all glands are attended with more or less danger, as they sometimes terminate in schirrous tumors.

A phlegmonous inflammation terminates always either by resolution, suppuration, mortification, schirrus, or cancer. By resolution, is understood the natural cure, or going off of the inflammation, by a gradual cessation of all the symptoms. By suppuration, is meant the conversion into pus, or thick yellow matter, of the lymph and blood, which have been extravasated in the part inflamed. By a mortification, is implied a lividness, with a total loss of sensibility, irritability, and circulation, in the part affected. By a schirrus, is meant a hard, indolent, knotty tumour, unattended with any discoloration, but accompanied with severe, shooting, darting pains, which at last becomes ulcerated. By a cancer, is understood a deep, corroding ulcer, with uneven edges, and a rough surface, which never admits of any cure, or even hardly of the least palliation.

**TREATMENT.** Our first endeavour must be to remove, if possible, the original cause which gave rise to the inflammation. But if it has proceeded from the introduction of any extraneous body, such as a splinter of wood, thorn, or a ball discharged from fire arms, it should immediately be removed, by dilating the wound as much as may be necessary for its easy extraction. After this, proper digestive dressings are to be applied.

In slight external inflammation, topical bleeding, with cupping

cupping glasses instead of leeches, which will not live in the West Indies may be used, and these should be applied as near to the part affected as possible; but in all violent external, as well as internal, inflammations, bleeding from the system, by opening a vein of the arm, will be absolutely necessary, proportioning the quantity that is drawn off to the severity of the symptoms, as well as to the age and strength of the patient; and repeating the operation, if the inflammation does not quickly abate. In inflammations of the head, bowels, extremities, and exterior parts of the body, a use of purgatives will be highly advantageous; but in similar affections of the chest, they are not deemed proper, and therefore laxative clysters must be substituted. In external inflammations, fomentations, composed of an infusion of wormwood leaves, marsh-mallows, and camomile flowers, may be applied to the diseased part, and be renewed whenever they grow cold. In case of violent contusion or fracture, where there is a considerable degree of tension, poultices of rye meal, mixed up with vinegar, or Goulard's extract of lead, sufficiently diluted with water, will be more proper; and these should be renewed twice a day until the swelling and tension go off.

Inflammations of small glands, as those of the groin, may be permitted to come to a suppuration; but, in most other cases of external as well as internal inflammation, all possible means should be used to prevent its taking place. Nitre will, in all cases of internal inflammations, be a very proper medicine, and may be given in doses of ten grains, or a scruple, every three or four hours.

Some cases of inflammation, as that of the eyes, may require the application of blisters. They may be kept discharging a length of time, by dressing them daily with an issue ointment, composed of yellow basilicum, mixed up with a few Spanish flies reduced to powder. Issues and setons are also frequently made use of in these cases.

Every person labouring under an inflammatory complaint, should carefully abstain from all heating food, and vinous, or spirituous liquors, partaking only of such things as are cooling and nutritive.

If a suppuration of any large tumour is likely to ensue, the powder of the Peruvian bark, to the quantity of an ounce a day, should then be taken, and a more generous diet may also be allowed. If the suppuration is small, and confined to some exterior part, then a poultice of bread, milk, and hog's lard, may be applied to it; or, if more convenient, a plaster of diachylon, spread on leather, may be substituted. When the suppuration is completed, and the tumour has become perfectly soft to the touch, it  
should



should be opened, either with a lancet, or by the application of caustic: after this, the wound may be dressed with dry lint, and a pledget spread with yellow basilicum, or some more digestive ointment, be laid over all.

If the inflammation has terminated in a gangrene, or mortification, then a speedy stop must be put to the action of the dead parts on the living ones. For this purpose, slight scarifications must be made; emollient fomentations, with the addition of camphorated spirits of wine, must be applied, and warm digestive dressings be put on; and these be renewed thrice a day. Wine, spices, and the Peruvian bark, must likewise be given internally in large quantities, with a view of procuring a separation of the parts already decayed.

If a schirrus has been the consequence, then a use of mercury and hemlock have been advised; but they have very seldom produced any good effect. In its incipient state, a mercurial plaster may however be applied, or a little weak ointment of the same nature may be rubbed in. As soon as the tumour and hardness are observed to increase, and are attended with darting pains, the immediate extirpation with the knife should be recommended, provided no great adhesion to the neighbouring parts has already taken place.

Should the schirrus have degenerated into a cancer, the patient must then submit to his unhappy fate, as no remedy has yet been discovered which will effect a cure. As a palliative, poultices of cassava root, or powdered hemlock, may be applied to the part, and renewed twice a day. The ulcer must be kept very clean, and a vegetable and milk diet be pursued. The following plaster has been recommended to separate the unsound parts from the sound ones, and may be tried: Spread a plaster of diachylon, with gum, upon leather of the size of an ulcer, and sprinkle it over with corrosive sublimate, finely powdered, which apply to the part; let it remain on for eight and forty hours, and then remove it, if it has acted sufficiently; when taken off, a poultice of bread and milk, with a little olive oil, is then to be laid on, and renewed twice a day, until the diseased parts are separated. When this is effected, it is to be treated as a common ulcer. A purge or two of calomel is directed to precede the application of the plaster. If necessary, the bark is likewise to be given, in order to promote a proper suppuration.

#### OF THE ERYSIPELAS, OR ST. ANTHONY'S FIRE.

THIS species of inflammation most frequently attacks the face, arms, legs, and feet. Whenever it appears externally,

ternally, it is ſeated in the ſkin; but when internally, the mucous membrane is the part affected.

**CAUSES.** It is occaſioned by all the cauſes which give riſe to inflammations, ſuch as expoſure to cold, obſtructed perſpiration, and the external application of ſtimulants.—Weak and irritable habits are more prediſpoſed to its attacks, than thoſe of ſtrong and plethoric ones; hence it occurs much oftener in warm climates than a phlegmonous inflammation.

**SYMPTOMS.** It comes on with a ſtiffneſs, roughneſs, heat, and redneſs of the ſkin, which being preſſed upon with the finger, becomes of a pale colour, and again returns to its former ſtate on its being removed. If the diſeaſe is mild, theſe ſymptoms will continue only for a few days; the ſkin will become yellow, the cuticle, or ſcarf-skin, will fall off in ſcales, and the patient will feel perfectly well. When it is more violent, and the febrile ſymptoms run high, there is a chillineſs ſucceeded by intense heat, head-ach, nauſea, and a ſlight degree of tumour and ſwelling of the parts. Small veſicles, or bladders, containing a hot acrid humour, ariſe alſo. When the face is affected, there is a dryneſs of the noſtrils and mouth, with great thirſt, difficulty of breathing, diſtenſion of the eyelids, cloſing of the eyes, and ſometimes a delirium.

**PROGNOSTIC.** In this diſeaſe, ſudden tranſlations of the morbid matter are apt to take place: wherefore, ſhould the inflammation ſtrike inwards, and fall on ſome vital part, as the brain, lungs, &c. great danger may be apprehended. When it takes place in a bad habit of body, is ſeated deep, and occupies ſome very ſenſible part, the patient will be expoſed to imminent danger. It ſeldom, if ever, terminates in a ſuppuration, as a phlegmonous inflammation is apt to do; but a mortification ſometimes enſues.

**TREATMENT.** If the febrile ſymptoms run high, and there ſhould be any mixture with the phlegmonous inflammation; (as ſometimes happens, and which may be known by a frequency, hardneſs, and fulneſs of the pulſe), eight or ten ounces of blood may be drawn from the arm; but when this is not the caſe, or when the inflammation is merely local, bleeding will be improper. When the head is the part affected, a ſufficient evacuation, by purgatives, ſhould always be made. In all caſes where the inflammation ſtrikes in ſuddenly, bliſters and cataplaſms muſt be applied. When the cuticle is raiſed up in ſmall bliſters, and a ſerious diſcharge weeps from them, the inflamed parts ſhould be bathed with a warm fomentation, made by infuſing camomile-flowers, wormwood, &c. in hot water, to which may be added a little camphorated  
ſpirits



spirits of wine; and after this, a little fine flour, or chalk, may be sprinkled over their surface.

To take off the irritability, and prevent any disposition to a mortification, it will be advisable to give the Peruvian bark, to the quantity of at least an ounce a day. When the inflammation is seated internally, relaxant and diaphoretic medicines (see the treatment of Fevers) will also be highly proper; to the further use of which nitre may be added, in doses of fifteen grains, or a scruple. Costiveness is to be obviated by gentle laxatives and opening clysters. The patient is to confine himself to bed, and to live entirely on diluting liquors, and such other things as are nutritive and easy of digestion. Lemonade and tamarind beverage, will be the most proper things for ordinary drink.

#### OF A PHRENSY, OR INFLAMMATION OF THE BRAIN.

IN this disease the inflammation is supposed to occupy the membranes of the brain. It is called primary, when it exists independent of any other disorder, and symptomatic, when it arises in consequence of some other, as in cases of fever, plury, &c. which species of it is the most general. It should be distinguished from madness, and from that alienation of the mind, owing to weakness, which is to be observed after some fevers.

**CAUSES.** External violence of any kind, an immoderate use of visous and spirituous liquors, violent fits of anger, long continued exposure to the intense heat of the sun, the suppression of natural and periodical discharges, a long prevention or disturbance of the natural rest, or whatever determines a great flow of blood to the head, will occasion a phrensy.

**SYMPTOMS.** It is general preceded by heat, pain in the head, redness of the face and eyes, wakefulness, sadness, forgetfulness, and a ferocity of countenance, with a small quick pulse. As the disease advances, the eyes become more fixed and wild, there is universal restlessness, great confusion of ideas, violent ravings, a throbbing of the arteries of the temples and neck, delirium, and a full, strong, and seemingly obstructed pulse.

**PROGNOSTIC.** Frequent shiverings, starting of the tendons, grinding of the teeth, a suppression of urine, and convulsions, point out the near approach of death; whereas hæmorrhages from the nose, and a frequent perspiration, or diarrhœa ensuing, may be regarded as very favourable symptoms. Phrensy sometimes terminates in madness, or lethargy.

**TREATMENT.** On the first attack of the disease, if it is primary,

primary, or independent of any other, immediate recourse must be had to bleeding, proportioning the quantity that is drawn off, to the constitution of the patient, and the severity of the symptoms. Opening the jugular vein of the neck, will be preferable to bleeding in the arm; and drawing off a considerable quantity of blood at once, will be better than taking only a little at a time, and repeating the operation frequently. A large blister should next be applied all over the head, or to the back, and the feet should be put into a warm bath. After proceeding thus, a strong purge of salts and manna (ten drachms of the former, with half an ounce of the latter) may be given to the patient, dissolved in four or five ounces of warm water, the operation of which if not speedy, may be assisted by the exhibition of a laxative clyster. The purge should be repeated every two or three days.

If the disease is symptomatic, and has arose in consequence of fever, or some other acute complaint, bleeding will not be necessary; but it may be proper to apply blisters to the head, and cataplasms to the soles of the feet. In both cases, the following bolus may be taken every two hours: Form five grains of nitre, four of camphor, the third of a grain of tartar emetic, and a little conserve of rose, into a bolus of about the size of a nutmeg.

During the whole course of the disease, the patient should be kept as quiet as possible, and nobody ought to be admitted into his chamber but those who attend on him. Thin water-gruel, and herb teas, acidulated with lemons or tamarinds, may be given to him as ordinary drink.

#### OF AN INFLAMMATION OF THE EYES.

**THIS** inflammation is seated in the tunics, or membranes of the eye.

**CAUSES.** It arises from exposure to cold winds, intemperance, too free a use of vinous and spirituous liquors, and from external injuries, such as blown, wounds, or extraneous bodies getting into the eyes. It is sometimes symptomatic of other diseases, as the small pox, measles, scurvy, scrophula, and venereal.

**SYMPTOMS.** It comes on with heat, redness, pricking, darting pains, and a sensation, as if gritty particles had insinuated themselves under the eye-lids. The cheeks and neighbouring parts become swelled, strong pulsations of the temporal arteries ensue, the least light proves troublesome, and gives pain, the vessels of the eyes are distended with blood, and an acrid serous water is discharged, which excoriates every part on which it falls. These appearances, after some days, abate, and a discharge of thick glutinous matter

matter takes place, which collects in considerable quantities about the angles of the eyes, if not frequently washed off.

**PROGNOSTIC** If the inflammation is slight, it may easily be removed; but if it is very violent, and proper means have not been timely made use of, specks, and a total loss of sight, may ensue.

**TREATMENT.** If the disease is primary, or not symptomatic of any other, and there is a considerable degree of inflammation, with some febrile symptoms present, the temporal artery, or jugular vein, may then be opened, as being nearest to the part affected, and eight or ten ounces of blood be taken away. If it is very slight, only a few ounces need then be drawn off, which may be done by the application or cupping-glasses to the temples, where leeches cannot be procured. A purge of twenty-five grains of jalap, and three of calomel, for an adult, and in the like proportion for children, may next be given; and this ought to be repeated every third or fourth morning.

The eyes should be bathed frequently with a little warm milk and water, and linen cloths dipped in the following solution should be kept constantly to them: Dissolve five grains of white vitriol, and three of sugar of lead, in four ounces of rose water; or a weak solution of Goulard's extract may be substituted; about two tea spoonfuls of it to half a pint of water, will be a proper proportion. Poulitices should never be applied to the eyes, unless the above means fail in having the wished-for effect.

If the inflammation has arose in consequence of some venereal taint, then mercury will be the most proper medicine (see the treatment of the Venereal Disease). If it proceeds from a scrophulous habit, then the Peruvian bark, with gentle alteratives, must be given (see Scrophula). Hemloc has been prescribed likewise in this species of inflammation with great advantage, wherefore fifteen grains of the powder may be taken night and morning made into pills or a bolus, with a little common sirup.

When specks, or films, ensue, a powder, composed of equal parts of white sugar and alum, with a small proportion of glass levigated very fine, may be blown through a quill into the eye two or three times a day. When there is a weeping from the eyes, owing to weakness, then either of the before mentioned solutions, or eye waters, may be made use of. When an inflammation of the eyes has been of long standing, and will not give way to these means, we may advise the application of a blister behind each ear, or the putting a seton in the neck.

In an inflammation of the eyes, every thing heating should

should be avoided; therefore high seasoned dishes, and vinous and spiritous liquors are highly improper to be partaken of. Weak animal broths, boiled chickens, panada, fruits, and vegetables of all kinds, will be the most proper things for the patient's diet; and, as ordinary drink, cream of tartar dissolved in water, or lemon or tamarind beverage, may be used. A blind of green silk should be worn over the eyes, to prevent too great a glare of light from coming to them.

#### OF THE QUINSEY, OR INFLAMMATION OF THE THROAT.

IN a quinsey, the inflammation is seated principally in the glands, but affects, at the same time, the whole of the throat, so essentially, as to interfere with the respiration, swallowing, and speech of the patient.

**CAUSES.** These are exposure to cold, from sitting in wet rooms, keeping on damp linen, or being placed in a partial current of air, all which will give a sudden check to the perspiration. Those of a plethoric habit of body, are most liable to attacks of the quinsey; whereas those of weak and irritable ones, are most subject to the putrid, or ulcerated sore throat; hence the inhabitants of warm climates are much oftener afflicted with the latter than the former.

**SYMPTOMS.** It comes on with a stiffness of the neck, dryness of the throat, difficulty of swallowing and breathing, redness of the cheeks and eyes, foulness of the tongue, and a red inflamed appearance of the tonsils, palate, and whole inside of the mouth. As it increases in violence, the difficulty of breathing and swallowing becomes greater, the dryness of the throat increases, the tongue swells, and is covered with a brown fur, the speech is indistinct, the pulse is full and quick, and the patient cannot lay in an horizontal posture, from a fear of being suffocated. If the disease continues still to increase in violence, the pulse will sink, the deglutition and respiration will be totally obstructed, the face will become livid, and death soon ensue.

**PROGNOSTIC.** When the inflammation is so great as to interfere very much with the patient's breathing, or with his swallowing a sufficient quantity of nourishment for the support of nature, great danger may be apprehended; but when the tumour is trifling, it will readily give way to a proper mode of treatment.

**TREATMENT.** Our first and chief endeavour must be to abate the inflammation; wherefore all those means which have been recommended in the treatment of Phlegmonous Inflammations (which see) must be pursued. Eva-

cuation, by copious bleeding, must be used, and the operation be quickly repeated if the symptoms do not soon abate. Opening the jugular vein in the neck will be preferable to drawing blood from the arm, as being so much nearer to the part affected. After this, a purge of castor oil may be given; and throughout the whole course of the disease, the body should be kept open by laxative medicines, or clysters.

If the inflammation is not very considerable, we may direct the throat to be rubbed externally, with a liniment composed of two ounces of camphorated oil, and half an ounce of the spirits of hartshorn; after which, a piece of flannel may be applied all round it; but if it is very violent, the application of a blister to the throat, or back of the neck, will then be necessary. If placed on the latter, an emollient poultice of bread and milk, with the addition of a little hog's lard, may also be applied to the former, and be renewed twice a day.

To relax the vessels of the throat, the steams arising from warm vinegar, may be taken into the mouth by means of an inverted funnel, or inhaler, frequently throughout the course of the day. The following gargle should likewise be used repeatedly: Take four ounces of an infusion of red roses, in which dissolve a drachm of allum, and add thereto an ounce of honey, and about sixty drops of the spirit of vitriol, in order to make it a proper acidity; when the latter cannot be obtained, the juice of the canker berry will be a proper substitute. Relaxant, or diaphoretic medicines, are also to be given internally, as they will promote a perspiration, by determining to the surface of the body. Any of those recommended in the general Treatment of Fevers (which see), may be made choice of; or, ten grains of nitre, with the third of a grain of tartar emetic, may be taken every three hours, drinking plentifully of weak diluting liquors, such as herb teas, &c. after each dose.

If our endeavours to resolve the inflammation have proved fruitless, and a suppuration of the tumour is likely to ensue, we should then hasten it by the repeated application of warm fomentations, and emollient poultices.

During this stage of the disease, the passages to the stomach and lungs are sometimes so closed by the size and pressure of the tumour upon them, that the patient is totally prevented from either performing respiration, or taking a sufficient quantity of nourishment for the support of nature. In the last case, the strength must be kept up by the injection of nutritive and mucilaginous clysters, composed of barley water, chicken broth, water gruel, or

a solution of starch ; and these ought to be thrown up the intestines in small quantities at a time, as they will thereby be absorbed the more readily. Should they happen to induce any severe degree of purging, a few drops of laudanum may be added to each clyster. In the former instance, where the breathing is so stopt as to endanger a suffocation, immediate recourse should be had to chirurgical assistance, by making an opening into the trachea, or wind-pipe, and then introducing a silver or other tube, through which the patient will be able to breathe, until the compression is removed by a free discharge from the abscess taking place. The operation being attended with no danger, should not be delayed until too late, and may be performed by almost any body, in the following manner, when a surgeon cannot be procured: The patient being supported in a chair with his head reclined backwards, the operator is to pinch up the skin of the throat, a little below the seat of the tumor, and then to make a longitudinal incision through it ; after which he should dilate the wound with his fingers, so as to bring the rings, or cartilages, of the wind-pipe fully in view ; this being done, a transverse opening is to be made betwixt two of them, and a crooked tube is then to be introduced, which must be secured in the wound by proper strings as long as shall be found necessary.

#### OF THE ULCERATED, OR PUTRID SORE THROAT.

IN this disease, the inflammation is seated principally in the mucous membrane, which lines the throat ; whereas, in a quinsy, the glands are the parts principally affected by it. It has of late years occurred very frequently in most of the West India islands.

CAUSES. It often arises from a peculiar state of the air, and then becomes epidemical, attacking chiefly children, and those of weak, relaxed habits, to whom it frequently proves very fatal. It is produced also by infection, as it often runs through a whole family when it has once seized any person in it. Exposure to wet, and a moist, damp atmosphere will also give rise to it.

SYMPTOMS. The patient is at first attacked with a coldness and shivering, succeeded by heat, restlessness, oppression at the breast, and great debility ; the face becomes very red, the eyes inflamed, and the pulse frequent and small ; soon after which, a soreness and fullness is perceived in the throat, and, upon an examination, there appears a glossy redness in all the parts, with some degree of inflammation, and swelling of the tonsils ; but not so violent as to interfere much with either the breathing or deglutition. If the stomach or intestines are af-



fect, then there will likewise be nausea and vomiting. The inflammation, after a very short period of time, takes a particular termination; for, on further inspection into the throat, a number of dark white spots, or sloughs, are observed on the tonsils, palate, and whole of the inside of the mouth; the tongue is also covered, towards its root, with a dark brown fur, the breath has become horribly offensive, and the inside of the lips are beset with vesicles, containing an acrid matter, which, falling on the corners of the mouth, occasions an excoriation of the parts. The nostrils likewise become of a deep red colour, and discharge a thin serous water. The sloughs at last corrode deeper and deeper, and spread so universally, as to destroy the patient in the course of two or three days.

**PROGNOSTIC.** If there is a great increase of the evening paroxysm, or attack of fever, with vast depression of strength, frequency and smallness of the pulse, oppression at the breast, a purging, or hæmorrhage of blood from the mouth and nose, or the ulcers become of a livid colour, the event will certainly be fatal; but if the sloughs exfoliate, and heal up kindly, and there comes on a gentle perspiration, with a cessation of the symptoms of irritation, the patient will, in all probability, do well.

**DISTINCTIONS.** We should be careful not to mistake inspissated mucus, which is apt to collect in the throat, for this disease. It is to be distinguished from an inflammatory quinsy, by the soreness, small fluttering pulse, and white specks, which are to be observed in the former complaint; whereas, in the latter, there is great pain in the throat, difficulty of breathing, a hard pulse, and a tendency in some particular part, as the tonsils, to suppurate.

**TREATMENT.** When this disease breaks out in a family, if the healthy are not quickly removed from the sick, they will run a great risk of being also infected; none therefore but those who are immediately attending on the diseased should go near them. The patient's chamber should be sprinkled frequently with vinegar, or camphorated spirits of wine, and the air of it be purified with the vapours arising from boiling vinegar, and water in which myrrh, rosemary, and other aromatic herbs and flowers, have been infused. Preparations of barley, sago, panada, &c. must be used for diet, and weak wine whey, or negus, acidulated with orange juice, for ordinary drink. A free use of acid fruits will likewise be proper.

In cold climates, this disease is sometimes a little intermixed with the inflammatory quinsy, which then renders it

necessary to take away a small quantity of blood; but this intermixture is not to be met with in warm ones, and therefore bleeding never should be made use of; as all evacuations prove highly injurious, by increasing the irritability of the parts, and likewise the general debility.

If, from costiveness, it should be found necessary to evacuate the contents of the bowels, it ought to be done with gentle laxatives, such as rhubarb, &c. or a stool may be procured daily by an emollient laxative clyster. When the stomach is much affected, a gentle emetic of ipecacuanha may be ordered; and this may be worked off with a weak infusion of camomile tea, which will not fail to remove the offending matter. By its relaxant effects, it will likewise take off the flow of blood from the internal parts, and determine it to the exterior. If any purging should arise, fifteen grains of toasted rhubarb, with a grain of opium, may be taken. When a considerable degree of fever attends, small and repeated doses of relaxant medicines will be proper. See the treatment of Fevers in general.

It has been usual in this disease, to apply blisters to the throat; but the practice is certainly a bad one, for there is a great tendency and disposition to gangrene; and, in two or three instances where blisters have been applied, I have observed white specks arise, which have soon degenerated into corroding sloughing ulcers, that have quickly destroyed the patient. It may, however, be attended with good effects, to excite a slight degree of inflammation externally, by a stimulus of a more gentle nature; for which purpose a cataplasm of bruised mustard-seed, with the addition of a little camphor, spread upon leather, may be applied to the throat.

To obviate the internal soreness, a frequent use of the following gargle will be necessary: Take eight ounces of an infusion of red roses, acidulated to a sufficient degree of sharpness with the elixir, or spirit of vitriol, in which dissolve a diachm of allum, and then add an ounce of honey, and the same quantity of the tincture of myrrh. With the same view, the steams arising from myrrh and honey dissolved in warm vinegar and water, may likewise be inhaled through an inverted funnel several times a day. Where a proper inhaler can be procured, it should be used in preference to the former.

In the epidemic sore throat, which prevailed in the island of Saint Christopher's in the year 1787, numbers of children were cut off very suddenly, in spite of the utmost endeavours of experienced practitioners to preserve them, when at last the most happy effects were procured by an use of  
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the following remedy: Infuse two table spoonfuls of pom-chickerry, and a tea spoonful of salt, in half a pint of boiling water, and add thereto the same quantity of warm vinegar; after standing until cool, strain it through a fine cloth, and give two table spoonfuls every half hour.

The good effect produced by this remedy evidently points out the necessity of giving stimulating and warm medicines, which will occasion a timely separation of the sloughs, as also antiseptics, which will prevent a tendency in the parts to become gangrenous; and therefore the Peruvian bark may be taken at the same time, with the above medicine. If the stomach will not retain the powder, a strong decoction of it, with a few drops of the elixir of vitriol added to each dose, may then be substituted. Mercury has been given in this disease, but it has seldom produced any good effect.

### OF THE PLEURISY.

**IN** this disease the inflammation occupies the plura, or membrane, in which the lungs are enveloped, and is always attended with a considerable degree of fever.

**CAUSES.** It is occasioned by an exposure to cold and moist air, and by all the causes which give rise to other internal inflammations.

**SYMPTOMS.** The pleurisy comes on with an acute pain in the side, extending to the back and shoulders, accompanied with a redness and flushing heat in the face, difficulty of breathing, nausea, and a discharge of thin spittle; the pulse is hard, strong, and vibrates under the finger like the tense string of a musical instrument, a severe pain is felt just above the short ribs, which is greatly increased on a full inspiration, or coughing; the blood exhibits a thick buffy coat on standing any time after being drawn, and the patient cannot lay on the side affected, without experiencing very acute pain. The inflammation still continuing to increase, the blood is checked and impeded in its passage through the lungs, and the patient is suffocated, or, perhaps, a suppuration ensues, and an abscess is formed. Adhesions to the ribs take place very frequently in consequence of a pleurisy.

**PROGNOSTIC.** If the febrile symptoms run high, and the pain ceases suddenly, with a change of countenance, and sinking of the pulse, great danger is to be apprehended; but, if the symptoms abate gradually, and a free expectoration of thick mucus ensues, a speedy recovery may be expected.

**TREATMENT.** The main object here must be to remove the inflammation by copious bleedings, taking the pulse  
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for the chief guide on the occasion. As long as it remains full, hard, and obstructed, as before described, and the blood continues to exhibit a buffy, sily coat, on standing any time, so long may we venture to order a repetition of the operation; but after an expectoration of yellow matter has taken place, bleeding should not be made use of.

Emollient fomentations of herbs are also to be applied to the side affected, or bladders containing warm water may now and then be substituted. If these fail of having the desired effect, and the pain is very acute, a large blister should be put on. To guard against the coming on of a strangury, the patient may be directed to drink plentifully of warm diluting liquors, such as barley water, herb teas, &c. in which a small quantity of gum arabic has been dissolved. If the blister heals up too soon, a fresh one is then to be applied very near the former.

As strong purgatives are found to determine the flow of blood to the internal parts, they are improper remedies to be used in the cure of a pleurisy. Whenever it is found necessary to empty the bowels of their contents, cooling laxative clysters should be given and repeated, so as to procure a stool or two every twenty-four hours.

A free expectoration ought likewise to be encouraged, by giving mucilaginous pectoral medicines; and, for this purpose, two table spoonfuls of either of the following mixtures may be taken whenever the cough is troublesome, or the throat dry: Rub an ounce of the oil of sweet almonds, with five of the mucilage of gum arabic, until they are perfectly united, then add half an ounce of the oxymel of squills, and two table spoonfuls of the pectoric elixir, and let the phial be well shaken before it is used; or, dissolve a drachm and a half of gum ammoniac in five ounces of pennyroyal, or common water, to which add an ounce of the sirup of lemons, half an ounce of the vinegar of squills, and two tea spoonfuls of the pectoric elixir.

Relaxant and diaphoretic medicines will determine to the surface of the body and greatly assist in procuring a free expectoration. Dissolve therefore two grains of tartar emetic, and two drachms of nitre in four ounces of water, of which two table spoonfuls may be taken every two hours; or the following bolus every three hours:—Form four grains of camphor, three of the volatile salt of hartshorn, five of nitre, and the third of a grain of tartar emetic, of a proper consistence with a little conserve of roses. The steams arising from warm vinegar and water, may likewise be inhaled through an inverted funnel, or inhaler, several times a day. The use of opiates should, if possible, be omitted, as they will check the expectoration;  
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but if it becomes absolutely necessary, from a total want of rest, to have recourse to them, the fourth of a grain of opium may be added to each bolus; or a draught containing thirty-five drops of laudanum, or two drachms of paregoric elixir, may be taken at bed time.

The patient's chamber is to be kept moderately cool, and his diet to consist wholly of diluting liquors, with preparations of barley, sago, panada, &c. For ordinary drink, herb teas, acidulated with lime juice, may be used, changing them now and then for tamarind or lemon beverage. Great care is to be taken to guard against all fresh exposures to cold.

#### OF THE PERIPNEUMONY, OR INFLAMMATION OF THE LUNGS.

**CAUSES.** All such as produce other internal inflammations will give rise to this; but exposure to wet and cold is the most frequent cause, as an immediate contraction of the vessels on the surface of the body is thereby occasioned, and the blood of course is thrown on the interior parts. Those who have laboured under former attacks of this disease, and have had adhesions of the lungs to the ribs, formed in consequence thereof, are particularly predisposed to the return of a peripneumony.

**SYMPTOMS.** A peripneumony comes on with an obtuse pain in the breast, anxiety, great difficulty of breathing, dryness of the skin, mouth, and tongue, heat, restlessness, a quick and hard pulse, cough, slight expectoration, and a total impossibility of laying in a recumbent position, from the fear of a suffocation, occasioned by the free passage of the blood through the lungs being very much obstructed. If the inflammation becomes still more violent, the vessels of the neck are then turgid and swelled, the face alters to a purple colour, the eyes lose their lustre, stupor and delirium succeed, and death at last ensues.

When these violent symptoms do not arise, and the proper means for carrying off the inflammation have either been neglected, or have proved ineffectual, although timely adopted, a suppuration will, perhaps, take place. This event may be known by the slight, frequent shiverings, and gradual abatement of the pain and sense of fullness, which generally take place; and as a further corroborative indication, the patient will then only be capable of laying on that side which was most affected at first.

**PROGNOSTIC.** If a gentle moisture breaks out on the surface of the body, and a free expectoration of thick yellow matter ensues, a happy termination of the disease may

may be expected; but if the febrile symptoms run high, and the difficulty of breathing and oppression at the breast are very great, or if a suppuration has arose, the consequence may be fatal.

**DISTINCTIONS.** The disease is divided into the spurious and true peripneumony. When arising from sily blood, obstructing the vessels of the lungs, it is called by the latter name; and when proceeding from a thick viscid matter, it is known by the former.

**TREATMENT.** As in many cases of an inflammation of the lungs, the patient is quickly suffocated by the passage of the blood through the vessels being obstructed, or a termination in a suppuration ensues; the greatest attention should be paid on the very first attack of the disease. All antiphlogistic means must be made use of, and a large quantity of blood be drawn from the arm at once, which will be preferable to repeated small bleedings. If the desired effect has not, however, been produced by the first operation, it must be repeated in four or five hours afterwards, proportioning the quantity now taken away to the severity of the symptoms and the state of the pulse. If the disease has been of some days continuance before medical assistance is applied for, and an expectoration of thick yellow matter has already taken place, bleeding should never be practised; as a very different treatment from what would be proper in the first, or inflammatory stage, ought then to be pursued.

During the first stage, if the bowels require evacuation, strong purgatives should not be made of, as they would determine a great flow of blood to the lungs; but gentle laxatives, and emollient opening clysters, may be given for the purpose, so as to procure a stool or two daily. Inflaming the skin of the chest by the application of a large blister immediately to the part most affected, will also be proper; and should it heal up too soon, a fresh one may be put on as near the former as possible.

As a free expectoration is the means which nature adopts for carrying off the inflammation, we should by all means endeavour to promote and encourage it, by giving such medicines as are commonly supposed to have a power of increasing the natural secretion from the glands of the lungs and throat. The pectorals prescribed under the head of *Pleurisy* (which see) should be given, or the following draught may be taken five or six times a day. Rub a scruple of *spermæceti* with an ounce of a thick mucilage of gum arabic, until they are intimately blended together, then add five grains of nitre dissolved in an ounce of common water, and half an ounce of the sirup of lemons.

Relaxant



Relaxant medicines, by determining the flow of blood to the surface of the body, will also be proper; but they should be given in such small doses as not to create any great sickness, or nausea. The fourth of a paper of Dr. James's powders may be taken every two hours, or the diaphoretic bolus mentioned under the head of *Pleurisy*, or any of those prescribed in the treatment of Fevers in general, may be made use of. Putting the patient's feet into warm water may be attended with good effects. The steams arising from a warm infusion of emollient herbs and flowers, with the addition of a little vinegar, may likewise be inhaled through an inverted funnel, or inhaler, several times in a day.

Opiates should not be used unless the patient is greatly exhausted by the want of sleep, which the incessant coughing that usually attends the disease, is apt to produce.—When absolutely necessary, order the following draught to be taken at bed time: Mix an ounce of water, and the same quantity of the sirup of lemons together, and then add two drachms of the pectoral elixir, or forty drops of laudanum. The patient is to be confined to bed, and throughout the whole course of the disease, to be allowed the free use of warm diluting liquors; the mouth and tongue ought also to be frequently cleansed from the fur which is apt to collect about them.

If a suppuration is likely to ensue, or an abscess has already begun to form, the Peruvian bark ought then to be taken, in the quantity of an ounce a day, and emollient fomentations and poultices should be applied to the side affected, with a view of causing the tumor to break outwardly if possible. All fresh exposures to cold are to be carefully avoided.

### OF COLDS AND COUGHS.

**CAUSES.** These complaints arise generally from wearing, or laying in damp linen, from exposures to partial currents of air when violently heated by exercise, and from a prevalence of bleak variable winds, all giving a check to the perspiration.

**SYMPTOMS.** The patient is attacked with a sneezing, snuffing, tightness across the chest, pains in the head and limbs, and some other slight febrile symptoms. When a cold increases to any height, a cough is then apt to ensue.

**PROGNOSTIC.** They both readily give way to the timely administration of proper remedies, and the pursuance of an abstemious diet; but if they are neglected at first, they are apt to terminate in a consumption, or an abscess of the lungs.

### TREATMENT.

**TREATMENT.** A little care and attention on the very first attack of a cold, seldom fails of removing it; whereas, by a neglect of it, an inflammation of the lungs sometimes takes place, which ends, perhaps, in a suppuration, and thereby produces a hectic fever, and pulmonary consumption.

The patient, immediately on being seized with a cold, should confine himself within doors, avoid all animal food of a high seasoned or salted nature, and take only such things as are light and easy of digestion. Before retiring to rest, he may put his feet in warm water for the space of about ten minutes, taking care to have them wiped perfectly dry again before he gets into bed. If there is no great feverish disposition, a copious draught of warm acid punch may be drank, to assist the relaxant quality of the bath; but if there is a considerable degree of it present, then some of the relaxant medicines mentioned under the heads of Pleurisy, Peripneumony, and Fevers in general, (which see) must be given, and repeated frequently throughout the course of the night, with the view of promoting a free perspiration. To increase their power, it will be necessary to drink plentifully of warm herb teas, and other diluting liquors. Should there be any great oppression, or tightness at the chest, a few ounces of blood may be drawn from the arm the next morning, and a dose of castor oil be taken afterwards, to evacuate the intestines of their contents.

If a cough attends, pectoral medicines ought to be given, as prescribed under the heads of Pleurisy and Peripneumony (which see) or the following electuary may be made trial of: Take of spermaceti and flowers of brimstone, each half an ounce, as also three drachms of nitre, and mix them up with as much sirup, or currant jelly, as will be sufficient to make an electuary of a proper consistence, whereof let the bulk of a nutmeg be given five or six times a day. A decoction of the bead-leaf vine boiled up with sugar to the consistence of a sirup, has often proved of infinite service in obstinate coughs.

If these remedies are not attended with the wished-for effects, and the cough continues to increase, we may then direct a blister to be applied to the breast, and to be kept discharging until it is perfectly removed.

Coughs are sometimes symptomatic of other diseases, as of worms in children, gout in men, and pregnancy in women; which cases are to be treated accordingly.

#### OF THE PULMONARY CONSUMPTION.

A general wasting of the whole body, attended by a cough,

cough, spitting of purulent matter, and hectic fever, constitutes this disease.

**CAUSES.** It has its predisposing causes, some people being much more liable to its attacks than others. Those of a slender make, with narrow chests, and long necks, are undoubtedly so, as are those who have laboured under former affections of the lungs, or who are of a scrophulous habit. There is also an hereditary disposition to this disease, as we frequently see many persons of the same family carried off by it. Sedentary employments give likewise a predisposition to it. As consumptions have been produced by laying in the same bed with those already afflicted with it, the practice should be discontinued. Excessive evacuations, violent affections of the mind, hæmorrhages, and obstructions, are frequent causes of a consumption; but the most general one is the neglect of a cold or cough on its first attack.

**SYMPTOMS.** Two different stages evidently exist in the course of this disease, and a different set of symptoms attend on each of them. Its first stage is inflammatory; its second, that of a suppuration taking place. The first commences with an increase of the natural heat of the body, pain and oppression at the breast, loss of appetite, dejection of spirits, difficulty of breathing, hoarseness of the voice, flushing of the face, quickness and hardness of the pulse, and a cough, attended with an expectoration of frothy mucus, which tastes salt in the mouth, and is sometimes streaked with blood.

After a continuance of these symptoms for some time, the second stage takes place: there is now a small fever, which is always increased after eating any solid food, and the patient experiences a flushing in the face, and a burning in the palms of the hands, and soles of the feet; the expectoration likewise becomes more copious, and consists of a green or yellow matter, often intermixed with fibres and films of the decayed parts. When a vessel is corroded, or broke by a fit of coughing, a quantity of florid blood is thrown up. At last the body becomes emaciated, the cough proves very troublesome, and interrupts the sleep by night, the countenance alters, the eyes look hollow and languid, the cheeks are prominent, the nose appears sharp, the hair falls off, the nails are incurvated and turn of a blue livid colour, cold clammy sweats arise, the feet and legs swell, violent purgings take place, the extremities grow cold, and death closes the tragic scene.

**PROGNOSTIC.** It is a happy circumstance attendant on this disease, that those who labour under it are seldom apprehensive, or aware of the danger they are in; as it is no  
uncommon

uncommon occurrence to meet with persons who labour under its most advanced stage, nay, even at the very last moments of their existence, flattering themselves with the pleasing idea of a speedy recovery. Although, perhaps, by the adoption of proper means and remedies, we may be able to prolong the patient's life for a short time, yet when an ulceration of the lungs has once taken place, it will seldom happen that a perfect recovery can be effected.

**TREATMENT.** A strict attention should be paid to diet, which must consist only of such things as are nutritive and easy of digestion, as thin animal broths, all kinds of vegetables and fruits, preparations of barley, sago, and panada, custards, poached eggs, boiled chickens, &c. Wine and spirituous liquors should not be used. If the patient is an inhabitant of a town, he ought to be removed into the country, procuring for him, if possible, a residence which is on a gravelly soil, and that is well sheltered from all bleak moist winds. He should be recommended to rise early in the morning, and to take such gentle exercise on horseback as his strength will admit of, carefully avoiding all exposures to wet, and the heavy dews of the night. Wearing a flannel waistcoat next to the skin is a matter that is worth attending to, as the chill conveyed by keeping on linen wetted by the copious perspiration which takes place in warm climates, will evidently be hurtful. Sea voyages have often been attended with good effects in this complaint; therefore, if the circumstances and condition in life of the patient will admit of it, he ought to undertake one. Should a voyage to England be made choice of, in preference of one to any other part of the world, the person should leave the West-Indies so as to arrive about the middle of spring; and on the approach of winter, he ought again to return; or he may pass the cold months either in Lisbon, the South of France, or on the island of Madeira.

When a small hectic fit prevails, and no ulcer of the lungs has as yet arose, but a hardness and contraction of the pulse are observed, we may venture to advise small and frequent bleedings.

To counteract the contraction of the vessels, it may be of service to give small doses of some relaxant medicine, that will act constantly on the system without producing any sickness or vomiting. For this purpose, twenty drops of antimonial wine may be taken twice or thrice a day.

To palliate the cough, pectoral medicines, joined with gentle opiates, are likewise to be made use of: two table-spoonfuls of the following mixture may be taken every two or three hours, with this view. Rub three drachms of spermaceti, with four ounces of the mucilage of gum arabic,

bic, until they are intimately blended together, then add an ounce of sirup of lemons, and half the same quantity of paregoric elixir, and let the whole be well shaken together: or, the bulk of a nutmeg of this electuary may be given four or five times a day: Take three ounces of the conserve of roses, half an ounce of spermaceti, and the same quantity of sugar candy, to which, if required, add a little common sirup: or the bead-leaf vine boiled up with sugar and water to the consistence of a thick sirup, may be substituted instead of the two former, if found more effectual.

Should the cough prevent the patient from sleeping at night, either of the following draughts may be taken at bed-time: Mix an ounce of bead-leaf sirup, half an ounce of cinnamon water, and thirty-five drops of laudanum together; or mix an ounce of the sirup of poppies with the same quantity of cinnamon water.

To prevent any inflammatory symptoms from arising, a perpetual blister may be kept on the chest or side, shifting it from one to the other as soon as the discharge ceases to be plentiful.

Gentle emetics have been used with good effects in some consumptive cases, and may therefore be given once a week. If an abscess is formed, the Peruvian bark will greatly assist the completion of the suppuration, and may be given either in the powder, or decoction, as will best sit on the patient's stomach. Should hectic sweats arise, this medicine will also be proper.

When a purging arises, two table spoonfuls of the following julap may be taken every three hours: Dissolve two drachms of the confectio of Japan earth in four ounces of cinnamon water, to which add sixty drops of laudanum; or substitute a bolus composed of ten grains of toasted rhubarb, and a grain of opium, made of a proper consistence, with a little of the conserve of roses, which may be taken morning and evening.

Should a severe spitting, or vomiting of blood, from the rupture of some considerable vessel, take place, the patient must be directed to drink every thing cold, and properly acidulated with the elixir of vitriol. Ten grains of alum, with five of nitre, should be taken every two or three hours; or the following draught may be made trial of, and be repeated every two hours: Take two ounces of the tincture of red roses, and a drachm of the sweet spirits of nitre, to which add fifteen drops of the elixir of vitriol, and ten of laudanum. If these have not the desired effect, more powerful astringents must be had recourse to. One grain of the sugar of lead, with half a grain of white vitriol, may



may be given every three hours, and the above draught may likewise be used. As soon as the hæmorrhage ceases, care should be taken to carry off this powder from the stomach and bowels, by giving a dose of castor oil the next day.

The Bristol hot-well waters have been highly extolled for their good effects in consumptive cases; but, in my opinion, without any foundation, as I do not recollect, during a residence of three years at Bristol, to have either seen or heard of a patient, labouring under a confirmed state of the disease, having experienced the least relief from their use. That some people who have been of a consumptive habit, or have had a natural tendency that way, had derived benefit from resorting to that place, is beyond a doubt; but it should not be attributed to drinking the waters, but to the horse exercise which is daily taken by such patients, on a fine airy down, where most beautiful views and rich landscapes are on every side presented to the eye; and also to the constant attendance on the different amusements that are furnished at the hot-wells, which keeps the mind in the same active state that the former does the body, and thereby prevents that indulgence in gloomy reflection, which the want of cheerful company is so apt to produce in those who enjoy but an indifferent state of health.

OF AN INFLAMMATION AND SUPPURATION OF THE  
LIVER.

**INFLAMMATIONS** of the liver frequently occur in warm climates, but more particularly in the East Indies, where this disease is indeed very prevalent.

**CAUSES.** All causes producing other internal inflammations, will give rise to this also. Exposure to wet and cold, by determining a greater flow of blood to the liver than there is in natural health, will thereby produce an increased secretion of bile, and occasion the disease to take place. It is sometimes brought on by gall-stones blocking up the biliary passages, so as to obstruct the natural course of the bile into the intestines.

**SYMPTOMS.** It comes on with an acute pain under the right breast, extending upwards to the shoulder, accompanied with a cough, difficulty of breathing, and laying on the side affected, together with nausea and sickness; the urine is of a deep saffron-colour, and small in quantity, the eyes are yellow, the skin is universally tinged of the same hue, there is loss of appetite, great thirst, costiveness, quickness and smallness of the pulse, and a considerable enlargement of the liver, which if pressed on, pain and sick-



nels are thereby excited. The inflammation is not, however, always attended with these severe symptoms; for it sometimes goes on to a suppuration without them, being preceded only by slight chilly fits and shiverings.

**PROGNOSTIC.** If the inflammation terminates in an abscess, and does not prove immediately mortal from the quantity of matter discharged, and the consequent debility thereby produced, it may then, perhaps, lay the foundation of an incurable hectic, which sooner or later will destroy the patient. If it terminates in a resolution, or gradual cessation of all the symptoms, then a quick recovery may be expected. A scirrhus liver is sometimes the consequence of this inflammation.

**TREATMENT.** During the first or inflammatory stage of the disease, recourse must be had to the lancet, blisters, gentle laxatives, relaxants, emollient fomentations, and clysters, as in other internal inflammations (see the treatment of inflammations in general). If assistance has not been applied for in proper time, or if the evacuations which have been used to carry off the inflammation have not had the desired effect, and a suppuration has ensued, then we should aim both at promoting the formation of proper pus or matter, and the breaking of the abscess outwardly. To effect the first of these purposes, the patient should be directed to take a drachm of the Peruvian bark every two hours in a little wine, until the suppuration is completed; and to promote the second, emollient fomentations and poultices should be kept constantly applied all over the region of the liver. If the tumor points outwardly, it must be opened in the most dependent place, when it has become of a sufficient softness.

In abscesses that are long in forming (which is usually the case with those in the liver) the use of mercury has been frequently substituted for that of the Peruvian bark; but the latter, after many trials, seems to promise most fair for procuring the desired effects; when the former is employed, it should only be given in small doses, so as not to produce the least degree of salivation. While the suppuration is going on, the patient should confine himself to a milk and vegetable diet.

## OF THE DRY BELLY-ACHE, AND INFLAMMATION OF THE INTESTINES.

THE dry belly-ache is known by the acute pain and obstruction which occupy the whole of the intestinal canal; the latter of which often prevails in so high a degree as to occasion not only the food, but also the excrement, to be thrown

thrown up by the mouth. It is undoubtedly a spasmodic disease; but being generally attended with an inflammation of the intestines in its advanced stage, is therefore included under that head.

**CAUSES.** Both diseases are occasioned by stimulants of all kinds, such as worms, indurated fæces, long continued costiveness, and the retention of bile, which has become acrid. Irregularity in the mode of living, drinking new rum, exposure to wet and moisture, and the making too free an use of unripe fruits, such as green limes, &c. will also produce attacks of them.

Some people have asserted that the lead used about the works of a sugar estate is the principal cause of the dry belly-ache's occurring so frequently in the West-Indies; but this conclusion is certainly erroneous, as the cane juice is never suffered to lodge a sufficient length of time on any part that is covered with lead, so as for it to occasion a corrosion, or imbibe its baneful qualities; on the contrary, the mill, and all other parts of the work immediately concerned in making sugar, are regularly washed down at least once a day.

**SYMPTOMS.** The dry belly-ache comes on with an acute pain at the pit of the stomach, extending downwards to the intestines, accompanied with eructations, sickness at the stomach, vomiting of bilious matter, obstinate costiveness, thirst, great anxiety, difficulty of breathing, oppression at the breast, and a quick contracted pulse. After a short time, the pain becomes more severe, the intestines seem to be drawn together by a kind of spasm, the whole region of the belly is highly painful to the touch, the urine is voided with difficulty and pain, the vomiting increases, and there is an incessant restlessness. It sometimes happens that the pain is confined to a particular part, but, in common, it is more generally diffused. Upon a further increase of the symptoms, the costiveness becomes invincible, and an inflammation of the bowels takes place, which destroys the patient. A paralytic affection of the hands and legs is apt to succeed a severe attack of the dry belly-ache, and to occasion a wasting of the muscles, and a contraction in the tendons of these parts.

**PROGNOSTIC.** When the dry belly ache terminates in an inflammation of the intestines, there is great danger of a mortification ensuing; but when the vomiting, costiveness, and spasms, go off quickly, and a copious evacuation succeeds by stool, the patient will in all probability do well. Those who labour under paralytic affections from this disease, frequently linger out many years in a wretched state of existence.

**TREATMENT.** When there are any symptoms of inflammation present (as is often the case) eight or ten ounces of blood should be taken away; indeed, this step will be proper on the first attack of the disease, whether there are any or not, as we shall thereby prevent them from arising. After the operation, a dose of castor oil mixed up with a little peppermint water, or a solution of purging salts, must immediately be taken. Should it not operate expeditiously, an emollient purgative clyster of ten drachms of Glauber's salts dissolved in three fourths of a pint of warm water, with the addition of an ounce of the above-mentioned oil, may be injected, and this be repeated until a copious evacuation of natural fæces takes place. At an early stage of the disease, I have experienced very happy effects from the use of Daffy's elixir, which is a stomachic purgative of a mild nature. It may be taken in the quantity of a small wine glass full for a dose.

If the irritation of the stomach is so great as to prevent anything from being retained on it and the disease is also attended with severe spasms and acute pains in the bowels, the patient may then be put into a warm bath, where he should be kept for ten or fifteen minutes, immersed up to the neck. When taken out, he is to be wiped perfectly dry, and again put to bed, and the following draught to be given to him: Take of cinnamon and mint waters each an ounce, to which add twenty drops of the balsam of Peru, and thirty of laudanum. This mode of proceeding may be repeated every three or four hours, as long as the spasms and pain continue. When in bed, warm fomentations, or bladders filled with hot water, should be applied to the belly; but care must be taken to renew them as often as they become cold. Emollient clysters may likewise be frequently injected.

If the spasms, pain, and vomiting, should not abate after a fair trial of these means, a blister may be put on the belly, immediately above that part which is most affected. If our endeavours have been attended with success, and we have been able to procure a cessation of the vomiting and spasms, and the excrement is now evacuated freely by stool, we should then be careful to guard against a return of the disease, by keeping the body open, and preventing any future costiveness from taking place.

In many instances of this cruel disease, when all other methods and means have proved ineffectual in removing the spasms and costiveness, the happiest effects have resulted from throwing up warm infusions of tobacco into the intestines by way of clysters. The smoke arising from burning tobacco, has also on many occasions, been attended  
with

with advantage, when conveyed into the intestines in the same manner.

Whatever kind of nutriment is given to the patient, should be thin, light, and easy of digestion. For ordinary drink, an infusion of toasted bread or biscuit may be used. If a paralytic affection of the limbs has ensued in consequence of this disease, and the patient happens to reside in either of the islands of Jamaica or Nevis, he should resort to the sulphureous bath, which are there to be met with; and besides pumping and bathing the parts affected, with the water thereof, he may likewise drink a large glass full twice a day. Where such advantages cannot be obtained, a long continued use of Peruvian bark, bitters, chalybeates, friction, and electrical shocks, must be substituted.

People who are subject to the dry belly ache, should wear a thin flannel waistcoat next the skin, abstain altogether from the use of acids, take daily exercise, and at no time suffer themselves to continue constive, or without a stool, during the course of twenty-four hours.

#### OF A STRANGURY, AND INFLAMMATION OF THE BLADDER.

WHEN there is a frequent desire of making urine, attended with a slight degree of inflammation, and difficulty in voiding it, the disease is then called a strangury; but when a total suppression takes place, it is known by the name of an ischury.

CAUSES. A strangury may be occasioned by the application of a strong blister, or by particles of gravel sticking in the urethra, or by a slight degree of inflammation at the neck of the bladder. A total suppression of urine may arise either from a tumor, abscess, or ulcer of the prostate gland, or from spasms at the neck of the bladder, swellings of the hæmorrhoidal veins (which are the seat of the piles), a lodgment of indurated excrement in the rectum, and an inflammation of the bladder or kidneys.

SYMPTOMS. In a strangury, there is a frequent inclination to make water, attended with a considerable degree of heat, smarting pain, and difficulty in voiding it. An ischury is attended with symptoms that usually vary, according to the cause which has given rise to it. If it proceeds from a stone in the kidneys, it will be accompanied with nausea, vomiting, and acute pain in the loin and region of the kidney on the side affected. When it is occasioned by an inflammation at the neck of the bladder, a tumor and considerable degree of pain will be felt in the perinæum, or that part which lays between the organs of generation and the fundament, when any pressure is made  
against

against it. A febrile pulse, constant inclination to go to stool, and a coldness of the extremities, will also attend. When a stone or gravel is the cause, an acute pain will be felt at the end of the penis, and a soreness will extend over the whole region of the bladder. If a scirrhous of the prostate gland has occasioned the suppression of urine, a hard indolent tumor, unattended with any acute pain, may then be felt in the perinæum.

**PROGNOSTIC.** A strangury may terminate in a total suppression of urine, if neglected. An ischuria is always attended with great danger when it has continued for any time, from the great distention and inflammation of the bladder which will constantly ensue. In those cases where neither a bougie, or catheter, can be introduced, the event, in all probability, will be fatal, as few patients will submit to the necessary operation for drawing off the urine, until a considerable degree of inflammation, or an incipient mortification, has taken place.

**TREATMENT.** When a strangury has proceeded from the application of a blister, nothing more will be necessary than to direct the patient to drink plentifully of diluting mucilaginous liquors, such as barley water, linseed tea, or a thin solution of gum arabic, in each draught of which five or six grains of nitre may be dissolved. If it arrives at any great height, flannel cloths, dipped in a warm decoction of emollient herbs, may be kept constantly applied all over the region of the bladder, and warm emollient clysters may be injected frequently by way of internal fomentation.

In an obstinate suppression of urine, it will always be advisable to guard against the taking place of any considerable degree of inflammation, by making use of proper evacuations on the very first coming on of the disease, wherefore a quantity of blood, proportionable to the age and constitution of the patient, should be taken away at a very early period, and emollient laxative clysters should be injected frequently. These will not only keep the body sufficiently open, but will also tend to relax any degree of spasm on the neck of the bladder which may be present. Having adopted these means, we may then recommend the application of bladders filled with warm water, or flannel cloths dipped in a warm infusion of emollient herbs, all over the region of the bladder.

If the suppression does not give way to these means, the patient should then be put into a warm bath for a few minutes, and when taken out of it the introduction of a hollow bougie, or small catheter, must be attempted.—

When



When the disease proceeds from a spasm of the neck of the bladder, opiates will prove serviceable.

Should the suppression baffle all our endeavours, to overcome it, and imminent danger be approaching from the vast distention of the bladder, immediate recourse must be had to the necessary operation for drawing off the urine; by puncturing it with a trocar, or by making an incision into the urethra beyond the stricture.

Those who are subject to stoppages, or suppressions of urine, arising from strictures, or caruncles in the urinary passages, will act prudently in wearing a bougie for an hour every other day, or so; and they should likewise lead very temperate lives, as the least irregularity will often bring on a return of the complaint. All severe exercise, and venereal taints, should be cautiously avoided.

### OF THE SMALL-POX.

THIS disease is divided into the distinct and confluent. Both kinds are of a very contagious nature, and attended with an eruption of pustules over the whole body, and more or less of fever.

**CAUSES.** The small pox is always produced either by the introduction of a small quantity of variolous matter into the habit, by inoculation, or by breathing air which is impregnated with the particles and effluvia arising from the bodies of those who labour under the disease.

**SYMPTOMS.** When it has arose naturally, and is of the distinct kind, it is usually preceded by a heat in the skin, redness of the eyes, soreness in the throat, pains in the head, back, and loins, thirst, alternate fits of chilliness and heat, nausea, and vomiting. Sometimes the febrile symptoms run very high, while, at other times, they are very moderate and trifling. The eruption is often preceded in children by sudden startings and convulsions, which altho' they prove alarming to those who do not know that such symptoms frequently occur, are in general regarded as the prognostic of a favourable event.

About the third or fourth day from the first seizure, little red spots, resembling the bites of fleas or musquitos, may be observed about the face, neck, and breast; and these continue increasing in number for three or four days. When the eruption ceases, if the pustules are not very numerous, the fever will go off, or very little of it remain. It sometimes happens, that a number of little spots of an erysipelatous nature, resembling a rash, are interspersed among the pustules; but these generally go in again as soon as a suppuration commences, which is usually about the fourth day from the first appearance of the eruptions; at which  
period,



period, each pustule may be observed to contain a small quantity of a white watry fluid. If they are very distinct and separate from each other, the suppuration will be completed probably about the eighth day, and they will then be filled with a thick yellow matter; but if they run much into each other, it will not be effected so soon. As the pustules become dry, and scale off, they are succeeded by a scurf, and slight pits or marks are left behind, which will however wear off in time.

In the confluent small pox, the symptoms are always more violent, the sickness, anxiety, and feverish heat, prevail in a high degree, the eruption generally appears about the third day, the suppuration is not completed until the fourteenth or fifteenth, and the fever does not abate on the coming out of the eruptions, as in the distinct kind. As the disease advances, the face and eye-lids become so much swelled, that the eyes are often entirely closed up, a gentle salivation of a thin mucus also ensues, which, towards the eleventh day, becomes so viscid and thick as to be spit up with great difficulty; the febrile symptoms run high, and the patient experiences great thirst, with a hoarseness and soreness in the throat. In children, a purging generally attends this stage of the disease, instead of a spitting, which is to be met with only in adults. As the salivation diminishes, the hands and feet then begin to swell and puff up. The confluent small pox usually leaves very deep pits or marks behind it, which continue for life.

**PROGNOSTIC.** The danger will always be in proportion to the number and distinctness of the pustules. The more numerous they are, the quicker they make their appearance, and the more they run into each other, the greater will be the risk; while, on the contrary, the fewer they are in number, and the slower and more regular they make their appearance, the greater probability will there be of a happy termination to the disease. When the eruptions strike in suddenly, or when the pustules are dented in at the top, and have livid spots interspersed among them, as also when bloody stools and urine are voided, the event will be fatal. If, on the first coming out of the eruptions, they are of a florid red colour, and afterwards fill kindly with proper matter, and not much secondary fever ensues, the patient in all probability will do well. The regular swelling of the hands and feet, upon that of the face subsiding, may be regarded as a favourable sign in the confluent small pox.

#### OF INOCULATION.

AS the same mode of treatment must be pursued in the  
small-

small-pox, (whether it is taken in the natural way, or conveyed by inoculation) after the eruptions have once made their appearance, this seems to be the most proper place to speak of this last method of conveying the infection: the advantages of which are so obvious, and universally allowed, that it is unnecessary to produce many arguments for enforcing the general practice of it.

It may, however, be observed, that long experience has taught, that by applying variolous matter to a wound, so as to occasion an absorption thereof, fewer pustules will arise, and of course there will be much less danger than when the disease is taken in the natural way; and besides, should any bad symptoms arise, we shall then be prepared to counteract them, from having a knowledge of the complaint that is about to take place.

In opposition to these advantages, it has been urged, that inoculation exposes the person to an immediate risk; but, in reply to this, it may be said, that he will be exposed to much greater danger by taking the disease in the natural way, from the unavoidable intercourse which he must have with his fellow-creatures.

Instances have been adduced to support the probability of a person's being liable to a second attack of the small-pox, when produced originally by inoculation; but we may well doubt their authenticity, and with some degree of certainty may conclude, that, in these instances, the matter made use of was not variolous, but that of some other eruptive disorder, such as the chicken or swine pox, which diseases may easily be mistaken for the small-pox by people not very conversant in the real distinctions between them.

It has been computed, that about a third of the adults die who are affected with the small-pox in the natural way, and about one in seven of children; whereas of those who receive it by inoculation, the proportion is not more than one in a hundred: and if proper regimen and attention are observed after the performance of this operation, it is more than probable, that not one in two or three hundred will be lost by it; as during my residence in the island of Nevis, I inoculated upwards of five hundred in one season, with the loss only of one patient, which was a child that laboured under a hydrocephalus, or dropsy in the head, and whom I should not have inoculated, had not the manager of the estate directed it to be done, concluding that it would infallibly die if it took it in the natural way, of which there was a great risk, as the disease was then very prevalent amongst the other slaves of the plantation.

From the age of five to twelve months, dentition usually takes place in children, wherefore we ought if possible to avoid

avoid inoculating during this period, or at an earlier; but should a child of this or any other age whatever, be exposed to an immediate risk from taking the disease in a natural way, we ought not to hesitate about performing the operation; as I have, in some instances, where the small-pox has been very prevalent on an estate, inoculated children a very few days after their birth, without experiencing any bad consequences.

Between two or three years of age, if we can make an election, will be the most proper period for the performance of inoculation. It never should be done at a very advanced stage of life, or during pregnancy. For some little time before inoculation, the patient should be debarred the use of all animal food and other substances that are heavy and difficult of digestion, making his diet consist wholly of vegetables, preparations of barley, sago, rice, milk, light custards, and bread puddings. For ordinary drink, he may take lemon or tamarind beverage, giving up entirely the use of all vinous and spirituous liquors.

As a preparative medicine, the following powder may be given every fourth evening, and a gentle purgative of castor oil, or an infusion of senna and manna the morning after; both of which are to be repeated about three times: Take five grains of magnesia, with one of calomel, and the twelfth of a grain of tartar emetic, and mix them together; this will be a proper dose for a child of two years old; for those of a more advanced age, the quantity of each ingredient must be increased in the like proportion; and for an adult, the powder may consist of four grains of calomel, fifteen of magnesia, and the fourth of a grain of tartar emetic.

The matter with which we inoculate should be taken from a healthy subject, who, exclusive of the small-pox, is free from all other diseases whatsoever; as the venereal, scrophula, itch, and many others, may be conveyed at the same time with the small-pox. It has been thought of no consequence whether the matter is taken from a person labouring under the distinct, or confluent kind; but, for the satisfaction of the patient and his friends, and to guard against any undeserved censure that might be cast on the operator by the event proving fatal, it will always be advisable to procure it from a subject affected with the distinct kind: and when fresh matter can be obtained, it ought to be preferred to what is not so.

In inoculating, the operator must open a ripe pustule with a lancet, the point of which being sufficiently moistened, he is then to make the slightest scratch imaginable in the arm of the person to be inoculated; and by way of insuring

During the absorption of the matter, and thereby rendering any further repetition of the operation unnecessary, he may rub the wound over two or three times with that part of the lancet which has been well besmeared with the matter.

If on the fourth or fifth day after the performance of the operation, no inflammation or redness should appear round the edges of the wound on inspecting it with a magnifying glass, a second scratch ought then to be made in the other arm, in the same manner as before directed.—When the inflammation begins to shew itself, if the body is any ways costive, we ought to give some gentle laxative medicine. The patient should by no means be suffered to take to his bed, but should be carried very frequently into the cool air. Children under inoculation must not be permitted to lay in the same bed with their nurse, or any other person, as the heat of their bodies is thereby considerably increased, which never fails to produce a greater number of pustules than would otherwise have taken place.

**TREATMENT.** No difference will be necessary in the mode of treating the small-pox, whether it arises naturally, or from inoculation. During the eruptive fever, nothing more is in general required than to keep the patient moderately cool, and to carry him as often into the fresh air as the weather and other circumstances will admit of. His diet must consist of vegetables, preparations of barley, sago, and rice, with milk, puddings, and such other light nutritive articles. The use of animal food, and all vinous and spirituous liquors, will be improper. If any costiveness prevails during this stage of the disease, it will be proper to remove it by giving some gentle laxative. When the eruptions are numerous, it will be more advisable to administer an emollient laxative clyster than to give purgative. Should any vomiting ensue, on the coming on of the fever, the stomach may be relieved by making the patient take a few draughts of camomile tea.

It sometimes happens, that the fever and general inflammation run so high as to be attended with a vast difficulty of breathing, fulness and hardness of the pulse, great heat and dryness of the skin, redness of the face and eyes, acute pain in the head, stupor and delirium; in which case it will be necessary to take away a small quantity of blood, but this operation should never be advised or practised on'y under these circumstances.

In those cases where the pustules do not come out kindly, it has been recommended to immerse the whole body for a short time in a warm bath. Bathing the feet and legs may be first made trial of, together with the allowance of a

more free and generous diet ; and if these fail in procuring the desired end, then the other mode of proceeding may be adopted. If the eruptions strike in after having once made their appearance ; or, if the disease has arose in a person of weak relaxed fibres, and is attended with great dejection of spirits, a weak low pulse, and a pitting, or sinking in of the pustules, then blisters and cataplasms must be applied, and a free use of wine whey be allowed.

When the suppuration, or filling of the pustules, does not go on kindly, occasioned by a want of natural rest, we may have recourse to opiates. A draught consisting of thirty-five drops of laudanum, with about an ounce of cinnamon water, may be given every evening to an adult, and a tea spoonful or two of the sirup of poppies to a child. Opiates are, however, to be used with caution, and should be administered only in cases of the above nature, or where a violent purging arises.

In those cases where the pustules contain a thin watery fluid instead of thick yellow matter, and are accompanied with great soreness, uneasiness, lowness of the pulse, and other such symptoms of irritation, the Peruvian bark should be prescribed ; for, although it may, perhaps, increase the difficulty of breathing, and render the expectoration a little more viscid and difficult, yet its good effects, in obviating the symptoms of irritation, and producing a proper suppuration in the pustules, will greatly overbalance the former.

As there is hardly a practitioner who does not rely upon a spontaneous salivation, as a sheet-anchor in the confluent small pox, a slight degree of it ought to be promoted in all cases of this nature by every artificial means whatever, as early in the disease as possible. Small doses of calomel should therefore be prescribed, and if they do not quickly produce the desired effect, a small quantity of mercurial ointment may be rubbed in on some glandular part once a day. For a child of a year old, half a grain of calomel, with five of magnesia, repeated every morning and evening, will be a sufficient dose ; for those of a more advanced age, in the like proportion ; and for adults, about three grains of the former and fifteen of the latter.

The salivation, or secretion of thick viscid matter, or mucus, which arises naturally towards the conclusion of suppuration in the confluent small-pox, is very apt to occasion an excoriation and soreness in the mouth and throat. To defend them against this matter it will be necessary to give mucilaginous medicines, such as a thick decoction of barley, or a solution of gum arabic, to which may be added  
a little



a little sirup of lemons. Should the secretion be very viscid, or expectorated with great difficulty, a gentle emetic may be prescribed. In the confluent small-pox, the tongue is generally covered with a thick brown fur; this should carefully be removed three or four times a day, and the mouth and throat washed with a gargle, consisting of about five ounces of an infusion of red roses, properly acidulated with a few drops of spirits of vitriol, to which may be added about an ounce of honey.

If any degree of strangury, or suppression of urine, should ensue, as sometimes happens, it has been recommended to make the patient walk bare-footed several times across the floor, and then to give him small doses of nitre every two or three hours, directing him to drink freely at the same time of diluting liquors. When purple and livid spots make their appearance amongst the pustules, we should have immediate recourse to the Peruvian bark. If the stomach rejects the powder, a strong decoction of it may then be substituted, adding a few drops of the elixir of vitriol to each dose. Wine whey may be allowed for the patient's ordinary drink in cases of this nature.

As soon as the eruptions are perfectly completed, we should direct a gentle purge to be taken every four days, in order to guard against any ill effects which might be produced by the secondary fever, and this must be repeated several times; as it often happens, from neglecting to purge the patient sufficiently, that imposthumes and abscesses arise in different parts of the body. When these take place, an emollient poultice should be kept applied until the tumors are quite soft, at which time they must be opened, and mercurial purges be given. Ten grains of jalap, with two of calomel, mixed up in a little sirup, will be a proper dose for a child of about six years old, and in the like proportion for those of a more advanced age. When the suppuration is completed, each pustule may be opened with a sharp lancet, which will prevent any deep pits from being left behind, if the eruptions have been very numerous.

Weakness and inflammations of the eyes frequently ensue after the small-pox, in which cases, besides pursuing the before-mentioned means, blisters behind the ears, and issues in the arms, or a seton in the neck, may be recommended.

If, after a recovery from the disease, there should arise a tendency to be consumptive, and a cough, difficulty of breathing, and pain in the side or chest, should be complained of, the patient should lose a small quantity of blood, and take one or two gentle purges. He should also remove into



the country, if his residence has been in a town, and live entirely upon a milk and vegetable diet. See the treatment of Pulmonary Consumption.

#### OF THE CHICKEN AND SWINE POX.

**THE** eruptions generally make their appearance in these diseases without much previous indisposition; but sometimes it happens, that they are preceded by a slight degree of chilliness and lassitude, with wandering pains, and such other slight febrile symptoms.

In the chicken-pox, the pustules are usually less than in the small-pox; but in the swine-pox they are much larger. No person is ever seized with a second attack of these complaints.

**CAUSES.** They are most commonly produced by infection.

**SYMPTOMS.** They are seldom, if ever, attended with much inflammation on their first coming out, but have, however, a red appearance. About the second or third day they begin to fill with a watery fluid, but which is never converted into pus, or yellow matter, as in the small-pox; and about the fifth day they dry away, and are covered with slight crusts or scabs.

**PROGNOSTIC.** There is seldom any danger attendant on these eruptions; except when they are suddenly repelled.

**TREATMENT.** Little more is required in these diseases than to pursue an abstemious regimen during the coming out of the eruptions, and to give a sufficient number of purges after they become dry.

#### OF THE MEASLES.

**THIS** disease is a kind of catarrhal fever, in which there is a determination of acrid matter to the surface of the body, shewing itself in red spots over every part of it; but which, however, never proceed to any suppuration, as in the former disorders.

**CAUSES.** It arises most frequently from infection, but is sometimes produced by a peculiar state of the air; in which case it becomes epidemical. Like the former diseases, it never attacks but once during the whole period of a person's life.

**SYMPTOMS.** The eruption is generally preceded by a chilliness and shivering; after which, a pain in the head, heaviness, and soreness of the eyes, swelling of the eyelids, intense heat all over the body, cough, and an acrid discharge from the nostrils and eyes take place. About the fourth or fifth day, small red spots, resembling the bites of

of musquittoes, may be observed over the whole surface of the body; but more particularly about the neck and breast, and these continue visible and evident for about five or six days, at which time they again disappear. The symptoms do not abate on the coming out of the eruptions, as happens in the small-pox; on the contrary, the cough, difficulty of breathing, and fever, seem considerably increased thereby, as is also the defluxion from the eyes and nostrils.

**PROGNOSTIC.** The consequences produced by the measles are often much worse than the immediate disease; for, although a person may get through it with safety, and appear for a little while perfectly recovered, yet a consumptive tendency and hectic complaint will, perhaps, afterwards arise, especially if an improper mode of treatment has been pursued. When there is a vast loss of strength, great difficulty of breathing, a sudden change of colour, and striking in of the eruptions, or an appearance of purple and livid spots interspersed amongst them, the patient will in all probability fall a martyr to the disease; but if none of the before-mentioned unfavourable symptoms are present, and a gentle moisture continues on the skin, then in all likelihood he will do well.

**TREATMENT.** As the measles are always attended with more or less of an inflammatory affection of the lungs, the use of all solid and animal food should be prohibited, and the patient be confined to his bed, and a very spare diet, consisting of preparations of barley, sago, and panada. He should be directed to drink plentifully of mucilaginous diluting liquors, such as barley water and linseed tea, and to avoid all vinous and spirituous ones.

If the febrile symptoms runs very high on the first attack of the disease, and are attended with great difficulty of breathing, and oppression at the breast, it will be advisable to draw off a small quantity of blood from the arm; but we should never bleed unless under these circumstances. The state of the bowels should next be inquired after, and if any costiveness prevails, a gentle laxative clyster may be given, and repeated as often as occasion shall render it needful. Should the pain at the breast and difficulty of breathing not be removed by the bleeding, or should there be a considerable degree of stupor, we may then direct the patient's feet to be put into a warm bath: if this also fails of removing them, blisters must be applied. In those cases where the eruptions strike in suddenly, the same means are likewise to be adopted. Wine whey may also be given.

As the cough generally proves very troublesome, mucilaginous

luginous and pectoral medicines (which see under the heads of Pleurisy and Peripneumony) ought to be given, as they will sheathe the throat, and thereby obviate that rawness and soreness of it which is usually felt. A tea spoonful of the oil of almonds, with double that quantity of thick bead-leaf sirup, taken every two or three hours, may answer this intention better than any other medicine. If the cough should harass the patient, so as to produce great restlessness and a total want of sleep, it will be necessary to give an opiate at bed-time; as such, two tea spoonfuls of paregoric elixir may be prescribed for an adult, and about a tea spoonful of the sirup of poppies for a child. If the febrile symptoms run high, and are accompanied with great heat, thirst, and restlessness, relaxant medicines may be made use of. For these see Pleurisy, Peripneumony, and the general Treatment of Fevers.

Should any purging arise, the patient may take a dose of toasted rhubarb in the morning, and an opiate draught at night. Thirty-five drops of laudanum, mixed with an ounce of cinnamon water, will answer this purpose. When an hæmorrhage ensues, and there are purple spots interspersed among the eruptions, the Peruvian bark, and other antiseptic medicines must be made use of. See Putrid Fever.

As soon as the measles begin to disappear, it will be proper to give a gentle purgative, which should be repeated about three or four times, directing the patient, at the same time, to use a light nutritive diet, and to guard carefully against all exposures to wet, or other causes that might tend to throw relics of the disease on the lungs. If a cough, difficulty of breathing, tightness across the chest, and pain in the side, arise in consequence of the measles, the means recommended in the first stage of Pulmonary Consumption ought then to be pursued.

#### OF THE ITCH.

**THE** itch is evidently confined to the skin, and by no means affects any of the interior parts of the body.

**CAUSES.** It arises most frequently from infection, by coming in contact with the body or clothes of persons already affected; but it is sometimes occasioned by unwholesome food, bad air, and a neglect of proper cleanliness; hence those who have been under long confinement in prison are often much afflicted with it.

**SYMPTOMS.** It shews itself in small inflammations and eruptions about the fingers, wrists, joints, and waist, which after a short time become so many pustules or bladders that itch exceedingly, and occasion an incessant scratching.

When

When they are broke, the acrid humour falls on the neighbouring parts, and thereby spreads the disease over the whole body, if proper remedies are not used for checking its progress. In some instances very large pustules arise, which constitute what is called the Great Itch.

**PROGNOSTIC.** It is never attended with any danger, unless when improperly treated, or too long neglected.

**TREATMENT.** Those who are afflicted with the itch, should be prohibited the use of high-seasoned dishes, salted meats, fish of all kinds, and spirituous liquors; they should also confine their diet to light animal food, vegetables, and milk, and observe great cleanliness by frequently changing their apparel.

The medicine which has been used with the greatest success in the cure of this disease, is sulphur; which is given not only internally, but is also applied externally. As the external use of it, although very efficacious, is attended with great inconvenience from the dirtiness of the application, we may substitute some other remedy, which will be equally efficacious. Six grains of corrosive sublimate, and eight of sal ammoniac, may be dissolved in four ounces of water, and the eruptions be bathed therewith twice or thrice a day. A strong infusion of dog-wood bark may be made trial of if the former fails.

Besides using these remedies externally, sulphur should be taken inwardly, in whatever form the patient can swallow it most easily; if that of an electuary is preferred, two ounces of sulphur, with three drachms of nitre, may be mixed up with as much common sirup as will make them of a proper consistence, whereof the bulk of a nutmeg may be taken morning and evening; and this course must be persisted in until the skin becomes clean and free from the eruptions. If this medicine does not keep the body sufficiently open, some cooling laxative should be given twice a week.

### OF RING WORMS.

IN warm climates, this disease not only proves frequent and troublesome, but is also now and then very difficult to remove. Like the itch, it is confined wholly to the skin.

**CAUSES.** It generally arises from coming in contact with those who are affected with it; but there seems a certain pre-disposition in some habits to generate it.

**SYMPTOMS.** It shews itself in small red pimples, which break out in a circular form, and contain a thin acrid lymph. When the body is heated by exercise, these itch intolerably, and, upon being scratched, discharge a thin  
acrid

acid water, which falls on the neighbouring parts and spreads the disease over the whole body, if neglected. The original size of the circle formed by the pimples, is, perhaps, about that of a sixpence; but, in process of time, it will increase, and become as large as the palm of the hand, if no steps are taken to eradicate the complaint.

**PROGNOSTIC.** Ring-worms are easily to be got rid of if proper remedies are applied early; but when they have been long neglected, they prove troublesome and difficult to be removed.

**TREATMENT.** If the disease has not become inveterate, nothing more will be requisite than to bathe the parts affected with some strong astringent preparation. For this purpose, fifteen grains of sugar of lead, with five of white vitriol, dissolved in two ounces of water, may be used three or four times a day. An infusion of white hellebore in water may be made trial of, if the former should fail of producing the desired effect.

In some cases which have proved tedious and obstinate, great benefit has been derived from rubbing the parts every night with a little weak mercurial ointment. The ring-worm bush (which is a small shrub that grows wild in most of the West-India islands) has been much extolled for its virtues in removing the complaint; as the flowers of it are supposed to possess a stronger power than any other part, these should be bruised, and the parts be rubbed therewith two or three times a day.

It seldom happens that an internal use of medicine becomes necessary; when it does, brimstone, or some slight alterative may be prescribed. Mushroom ketchup made use of as an external application to ring-worms, is said to be an effectual remedy for eradicating them.

#### OF THE GUINEA WORM

**NEGROES** who are brought from Africa, as also sailors who go voyages to that coast, are frequently troubled with this disorder. It is a small round worm, very much resembling the string of a violin, of a white colour all over, except the head, which is black, that lodges itself in different parts of the body, immediately between the muscles and cellular substance. The arms, legs, and thighs, are, however, the most general seats of it, in which parts it is often met with of the length of one or two feet.

**CAUSES.** The disease is generally supposed to arise from drinking and bathing in the waters of stagnant ponds, where the ova or animalculæ of this worm are deposited. It is, however, without doubt, of a contagious nature, as I have known it to spread rapidly through a whole gang  
of

of negroes, when the necessary precaution of separating the diseased from the healthy has been neglected.

**SYMPTOMS.** The Guinea worm does not produce any acute pain until it is near a state of maturity, at which period the part immediately over the head of the worm becomes inflamed, swelled, and painful to the touch, and bears a strong resemblance to a boil that is not inclined to suppurate. When the tumour breaks, the head of the worm is perceived protruding from the orifice, and this keeps pushing forward every day, until at last it can be laid hold of with ease.

**PROGNOSTIC.** The immediate effects of the disease are of no great consequence; but by breaking the worm, from being in too great a hurry to extract it, large abscesses and foul ulcers are sometimes formed.

**TREATMENT.** For the reasons before assigned, it will always be advisable to separate the diseased negroes from the healthy. By way of amending the general habit of the body, a large tea spoonful of brimstone may be taken every morning and night. While the tumour is in a hard indolent state, it will be necessary to apply an emollient poultice, in order to bring it to a speedy and proper suppuration; when it breaks, and the head of the worm protrudes as far as that it can be laid hold of with ease, a piece of cotton or lint, rolled up like a quill, may be tied to it, and as it advances, it may daily be twisted gently round until the whole is extracted, taking care not to use any violence least it should break, which might give rise to the formation of tedious abscesses and foul ulcers. When the worm is perfectly extracted, the part should be covered with dry lint, over which may be laid a pledget of tow, spread with yellow basilicum, or some other dijective ointment.

#### OF THE YAWS.

**NEGROES** that are imported from the coast of Africa are very liable to the yaws, so much so, indeed, that very few escape without being attacked with them at some period or other of their life.

**CAUSES.** The disease is of a very contagious nature, and may be quickly propagated by cohabiting, or otherwise coming in contact with those already affected with it; hence the infection is frequently communicated also to the Creole negroes, and now and then to whites.

**SYMPTOMS.** The yaws come on without any previous pain or sickness, when, on a sudden, small pimples are observed on the skin; these daily increase in size until they become large protuberant pustules, and then the cuticle, or scurf-skin, cracks and peels off, and there issues out an ichorous



ichorous discharge, that forms into thick white crusts or scabs. The yaws very much resemble a mulberry, both in shape and size, although not in colour, and they appear in all parts of the body; but in general are most numerous about the face, arm-pits, groins, private parts, and fundament.

As the disease continues to advance in its natural course, the hairs that grow on the parts affected become perfectly white, and the ichorous matter discharged from the pustules, having lodged on the skin, gives it also a white loathsome appearance. The duration of the disease is very uncertain; but is commonly supposed to depend a good deal on the constitution of the patient; as in some cases the yaws arrive at their full size and maturity in the space of four weeks, whereas in others they have been known to take two or three months.

**PROGNOSTIC.** If a judicious mode of treatment has been pursued at an early period of the disorder, the cure will seldom prove either tedious or difficult; but if it has been improperly repelled into the system, or an early use of mercury has been made; or if the disease has been suffered to take its own course, and, from its virulency and long standing, nocturnal pains, foul ulcers, and a caries of the bones have succeeded, it may then prove obstinate and difficult to be got rid of.

**TREATMENT.** As soon as the complaint is ascertained to be the yaws, the diseased negro should be sent to the most private place on the estate to which he belongs, and should be debarred from having any intercourse whatever with those who have never had the disease, as by a neglect of this precaution, there are very few estates in the West-India Islands that have not constantly several of their slaves affected with it.

It is indeed too general a custom with most managers who are intrusted with the direction of slaves, to put all such as are attacked with this complaint under the immediate care of some old negro, in order to be cured, who suffers them to associate and intermix in friendly intercourse with their neighbours, by which means the disease is propagated afresh, and thereby constantly kept up.

During the coming out of the eruptions, and their arrival at full height and maturity, we may direct the following bolus to be given morning and night: Take fifteen grains of the flowers of sulphur, and ten of gum guaiacum, and form them of a proper consistence, by adding a sufficient quantity of sirup or molasses.

When they have arrived at their full height and perfection, and we cannot observe them increase, either in size or  
number,

number, we may with great safety venture to give some preparations of mercury, as in either of the succeeding prescriptions: Form two grains of calomel into a pill with a little soft bread, and let it be taken every night, at bed-time; or dissolve a scruple of corrosive sublimate in an ounce of brandy or old rum, and give twenty or thirty drops for a dose every night in a little milk, increasing or diminishing the quantity according to the effects produced thereby. This mode of giving mercury will be far preferable to the former, because we can see with greater certainty, that the patient really swallows the medicine, as negroes are very apt to retain in their mouths every thing medicinal that is given to them, which at a convenient opportunity they spit out again, thereby protracting the cure, and obtaining a longer exemption from labour.

During the exhibition of this medicine (which never should be given in such doses as to occasion any degree of salivation) a diet drink composed of the raspings of guaiacum wood, saffraſas, and sarsaparilla, may be taken to the quantity of a quart a day. Both may be continued until the cruits or scabs become dry and fall off, after which period, their use must be omitted, and a sufficient number of purges be given.

It generally happens that there remains one large eruption after all the rest are dried away; this is called the master yaw, and is observed to rise considerably above the surface of the skin, in a red fungus, from which an ichorous discharge issues constantly. In order to remove it, we may dress it every day, with an ointment composed of an ounce of yellow basilicum, well mixed up with half a drachm of red precipitate.

Hard swellings often make their appearance in the soles of the feet after the yaws are entirely gone away, and not unfrequently produce severe pains and lameness. To remove them, the patient must bathe his feet in warm water until they are somewhat softened, after which they may be pared with a knife to the quick, and some escharotic be applied. Gunpowder is sometimes laid on the parts and set on fire, with a view of producing an eschar or slough; but laying on verdigrise, and clapping a hot iron to it, will produce this effect with much greater certainty.

When a sucking child breaks out with the yaws, the necessary medicines for establishing the cure should be given to the mother.

#### OF THE ELEPHANTIASIS.

THE cells of the adipose, or fatty membrane, which cover and connect the muscular fibres of the thigh and leg, seem

seem evidently to be the seat of this disorder. White people, although sometimes afflicted with it, do not seem so much predisposed to it as negroes.

**CAUSES.** It is generally supposed to arise in consequence of the attack of an acute fever, on the cessation of which, the morbid, or vitiated humour falls on the leg, and occasions a distention, tumefaction, and varicous swelling of the parts.

**SYMPTOMS.** It sometimes comes on gradually without any preceding symptoms; but, in general, the person is seized with a coldness and shivering, pain in the head, back, and loins, nausea, and slight vomiting; afterwards a degree of fever ensues, and a severe pain is felt in the glands of the groin, which in a short time become hard, swelled, and inflamed. No suppuration of them ever takes place, but a red streak may be observed running down from the inflamed glands all along the inside of the thigh and leg. As the inflammation increases in all the parts, the fever generally abates, and perhaps after two or three days continuance, goes off entirely. On many such attacks the thigh and leg will afterwards continue much swelled and enlarged, and will, if pressed with the finger, put on a dropical appearance, by a dent remaining behind. The skin will also become rough and scaly, and, daily increasing in thickness, the leg and foot will grow at last of an enormous size, and will be covered with watry excrescences, deep fissures, and cracks.

**PROGNOSTIC.** A person may labour under an elephantiasis for many years, without finding much alteration in the general health, except during the continuance of the different attacks, as, perhaps, the only inconvenience that is felt, is the heavy burden which he drags constantly about with him. The incurance has induced many patients who have laboured under this disease, to submit to an amputation of the diseased limb; the operation, however, seldom if ever proves a radical cure, as the other leg will, in all probability, shortly afterwards be affected in the same manner.

**TREATMENT.** Although the fever which precedes the inflammatory affection of the groin, sometimes runs very high, yet it will never be necessary to have recourse to the lancet, in order to moderate it. Should any great nausea or vomiting prevail, it will be advisable to give a gentle emetic, with a view of assisting the efforts of nature; and, after its operation, if any costiveness prevail, some gentle laxative may be taken.

In order to promote a gentle perspiration, diaphoretic and relaxant medicines, as ordered under the head of Fe-

vers in general, may be next prescribed, the operation of which may be assisted by ordering the patient to drink plentifully of warm diluting liquors. The parts affected ought to be well fomented with cloths dipped in a warm infusion of emollient herbs, after which they should be wrapped up in flannel.

When the fever goes off, and the inflammation subsides, it has been recommended to make use of the Peruvian bark and sea bathing; but these will afford relief only at a very early period of the disease. If proper advice and suitable means have been neglected on its first attack, or the thigh and leg have become much enlarged, and the surface of the latter appears scaly, watry, and callous, then no cure can possibly be effected, and the patient must submit to his unhappy fate with a proper resignation. Gentle alteratives may, perhaps, somewhat retard the progress of the disease, wherefore a table spoonful of a weak solution of corrosive sublimate in brandy (two grains of the former to about eight ounces of the latter) may be taken going to bed, or the pills recommended under the head of the Leprosy may be made trial of.

If an amputation of the diseased limb is submitted to, a sufficient discharge should ever afterwards be kept up, from the end of the stump, to prevent, if possible, the other leg from becoming affected.

#### OF THE LEPROSY.

THE leprosy is a disorder which seems peculiar to warm climates, and truly horrid and loathsome to the sight is every person that is afflicted with it. It is evidently of a very contagious nature\*, and although this fact is universally known and established, yet most directors of estates (to their great shame be it mentioned) take little or no pains to prevent it from spreading amongst their slaves; for, instead of separating such negroes from the rest, immediately on the first symptoms of the leprosy being discovered, and confining them to a remote corner of the estate, they in general turn them adrift on the public; and being thus exonerated from labour and servitude, they range over the whole island, and infect all those with whom they either cohabit or associate.

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\* At *Madeira*, where this disease is very common, this assertion is denied. A gentleman there of unquestionable veracity assured me, he knew a man, who, from pecuniary motives, married a most loathsome and disgusting leper; they cohabited many years, and had children, who were infected, but the father never was to the day of his death.

In many of the Islands, the legislative body has enacted certain laws for the prevention of this evil; but, from a neglect of the constables and magistrates in not enforcing them, they are disregarded, and the disease has ipread very much. White people are likewise subject to attacks of it. The title of black scurvy is usually substituted for that of leprosy, as being seemingly a less opprobrious term.

**CAUSES.** It arises most commonly from infection communicated either by cohabiting, or otherwise coming in immediate contact with those who labour under an advanced stage of the disease; but some habits are undoubtedly more predisposed to receive the taint than others. It may be classed amongst the number of hereditary disorders with great propriety, as it is sometimes entailed by one generation upon another.

**SYMPTOMS.** The leprosy shews itself in numerous copper-coloured spots dispersed over the whole body, which, for many months, keep gradually increasing both in size and number, without occasioning any great alteration in the general state of the health. As the disease advances, the skin begins to grow rough and scaly, and puts on a glossy appearance, a numbness is felt in the hands and feet, the voice becomes hoarse, the breath is offensive, the lobes of the ears are thickened and seem knotty, the cheeks and whole of the face are beset with large bumps of a livid colour, the mind is much disturbed, the breathing is somewhat oppressed, and the hairs gradually fall off the lids and brows of the eyes.

These symptoms continuing to increase in violence, the lips become thick and tumid, the nostrils are obstructed, the voice is hollow, a swelling and puffiness arises in the fingers and toes, which at length crack into deep fissures, then ulcerate and turn into fetid virulent sores; an entire alteration of countenance takes place, the face is much disfigured, the body wastes, and a small fever arises, which, sooner or later, relieves the patient from a miserable state of existence.

**PROGNOSTIC.** Although by paying a due attention to proper regimen, a person may probably prolong his life, by somewhat retarding the progress of the disease; yet when the general habit is once tainted, all means whatever to eradicate it will prove fruitless. When it arrives to that stage in which the parts become ulcerated, it is highly infectious. It sometimes terminates in what is called the joint-evil, in which the fingers and toes gradually lose all sensation, then become ulcerated and corroded, and at length drop off.

**TREATMENT.**

**TREATMENT.** If any relief, or alleviation of the symptoms, is at all to be procured in the disease, it must be done principally by the regular observance of a very spare regimen. On the appearance of the first symptoms, the patient should give up the use of vinous and spirituous liquors, fish, butter, and all sorts of animal food whatever, substituting fruits and vegetables of all kinds, milk, thin broths, light puddings, calenda, and the different preparations of barley, rice, and sago, instead of the former; and this course should be persisted in for a long time, and not hastily be given up, because no evident alteration for the better has shortly taken place. The body should likewise be kept constantly open.

Small doses of mercury have been given at an early period of the disease, but little or no relief has ever been procured from them. Other alteratives, perhaps, might be attended with better effects; the operation of which may be assisted by ordering a decoction of *salsifras*, *sarsaparilla*, and *China-root*, to be drunk at the same time. The following prescription may be made trial of: Take of golden sulphur of antimony, and gum guaiacum, each three drachms, to which add as much honey as will be sufficient to form them into a mass of a proper consistence, then divide this into pills containing five grains each, and direct three to be taken every night going to bed.

A beer made from the preserved essence of spruce may be used for ordinary drink, being universally allowed to be possessed of an antiscorbutic quality. A decoction of the inner bark of the elm tree taken in the quantity of a pint a day, has been known to prove highly serviceable in some cases of incipient leprosy.

Many odd and strange remedies have been recommended for the cure of the leprosy; as an instance of which, I knew a young lady that laboured under it, who took several pills a day composed of lizards chopt up very small, which course she pursued for upwards of a year, without finding, however, the least alleviation of her disorder.

#### OF SCORBUTIC ERUPTIONS AND THE SCURVY.

**THE** scurvy is a disease which is more frequently met with in cold climates than in warm ones. It proves very destructive to those who are long shut up in close garrisons and besieged places, as also to seamen who have undergone long voyages, during which they have lived entirely on salted or putrid provisions, and have breathed impure air from a neglect in keeping the ship properly ventilated.

**CAUSES.** The disease may be occasioned by a want of  
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proper



proper exercise, or by indolence, grief, fear, or any thing that induces a general debility; but breathing impure air, neglecting proper cleanliness, and living on salted and putrid provisions, are the causes which are most productive of it.

**SYMPTOMS.** It comes on gradually, with a heaviness, weariness, and unwillingness to move about, great debility, diminution of strength, and dejection of spirits. As the disease advances, the countenance becomes fallow and bloated, the legs swell, the breath is offensive, sponginess and bleeding of the gums ensue, livid spots appear on the surface of the body, old wounds, which have been long healed up, again break out, the evacuations are fetid, hæmorrhages arise from different parts, a general emaciation ensues, the pulse is small and frequent, and a diarrhoea or dysentery comes on, and carries off the patient. When the disease does not exist in a high degree, perhaps, a slight bleeding from the gums, and scaly eruptions on different parts of the body, are the only symptoms which will shew themselves.

**PROGNOSTIC.** Scorbutic eruptions may easily be removed; but when great debility, and other symptoms, pointing out the existence of a putrid tendency in the fluids, are present, great danger may be apprehended.

**TREATMENT.** If the scurvy attacks a person residing on board of a ship, he should if possible be immediately sent on shore to a situation where the air is pure, dry, and free from all noxious vapours whatever; he should likewise go entirely on a milk and vegetable diet, taking at the same time such gentle exercise as his strength will admit of. The Peruvian bark and stomachic bitters must be taken by way of medicine, and a beer made from the essence of spruce may be ordered for common drink: a moderate use of wine will also be proper.

When there are foul ulcers, they must be cleansed by washing them with a little tincture of myrrh and bark, and then dressing them with dry lint, over which may be laid a pledget of tow spread with some digestive ointment. If the gums are swelled and distended with grumous blood, they must be scarified, and the mouth be frequently washed with a gargle composed of five ounces of the tincture of bark, and two of the tincture of myrrh, properly acidulated with elixir of vitriol.

If the disease is mild, and nothing but scorbutic eruptions and scurf appear, the patient may take three of the following pills every night, drinking daily about a quart of decoction of equal parts of sarsaparilla, saffras, and China-root. Take of golden sulphur of antimony and  
gum

gum guaiacum, each three drachms, to which add as much lenitive electuary as will be sufficient to form them into a mass, and let this be divided into pills containing five grains each; or the fourth of a grain of corrosive sublimate dissolved in a table spoonful of old rum or brandy, with the addition of twenty or thirty drops of antimonial wine, may be substituted instead of the former.

Sugar and hot liquor from the copper have both been found to be efficacious remedies in the scurvy, and without doubt they possess an antiscorbutic power in a very high degree.

#### OF A CHOLERA MORBUS, OR VOMITING AND PURGING.

HERE there is a vomiting and purging of bilious matter, attended with pains, and a spasmodic constriction of the stomach and intestines.

CAUSES. The disease may arise from acrid matter of any kind getting into the stomach, or from making use of food that soon ferments and corrupts; but the most general cause which produces it, is the bile becoming acrid.

SYMPTOMS. The patient is seized with pain, soreness, distention and flatulency in the stomach and bowels, acid eructations, heart-burn, and a severe vomiting and purging of bilious matter; there is likewise great heat and thirst, with a weak, frequent, and fluttering pulse. If the disease continues to increase, then the symptoms of irritation come on with a short and difficult respiration, great anxiety and restlessness, depression of strength, cold clammy sweats, faintings, hiccups, and a pulse hardly to be perceived; and these quickly terminate in death.

PROGNOSTIC. It sometimes carries off the patient in the course of twenty-four hours, and very seldom continues longer than two or three days. If there is a great discharge of bilious matter upwards and downwards, accompanied with the last mentioned set of symptoms, great danger is to be apprehended; but if the vomiting ceases, and sleep ensues, a speedy recovery may be expected.

TREATMENT. On the very first attack of the disease, few or no medicines will be retained on the stomach, as, from the great irritation which prevails, every thing is again thrown up almost as soon as swallowed. To abate this, we should direct the patient to drink very freely of mucilaginous liquors, in which may be dissolved a small quantity of gum arabic; chicken broth, infusions of toasted bread or biscuit, may likewise be made trial of, if the before-mentioned remedies fail.

Warm antispasmodic fomentations made by infusing mint, rosemary, and lavender leaves, in boiling water,

with the addition of a small quantity of camphorated spirits of wine, may be applied externally to the region of the stomach and belly, and these be renewed as frequently as they become cold.

If great debility has been produced, the vomiting, perhaps, may be stopped by using the following mixture: Mix two ounces of the juice of lemons with four of mint water and one of common sirup, to which add about two hundred drops of laudanum; of this let two table spoonfuls be taken every hour, swallowing ten grains of salt of wormwood, dissolved in an ounce either of cinnamon or common water, after each dose. Giving the saline draught in this manner (as the effervescence will thereby take place in the stomach) often procures very happy effects.

Should these methods fail in allaying the vomiting and purging, our next endeavour must be to remove the spasms of the stomach and bowels, which may be attempted by directing the patient to be put into a warm bath; after he is taken out, the following bolus may be given to him every three or four hours: Mix five grains of toasted rhubarb, and one of opium, with two drops of the oil of mint, and as much cordial confection as will be sufficient to form them. In some instances where the spasms have been very violent, the quantity of opium has been increased to eight or ten grains in each dose.

If, from the violence of the symptoms, we should apprehend that an inflammation of the stomach will take place, bleeding may be recommended.

Although the disease may have abated, yet it will still be advisable to continue the use of opiates in such a manner as to keep up a constant effect from them, in order that any fresh attack may be guarded against. A small dose of about fifteen grains of rhubarb may also be taken every other day, to carry off any feculent or acrid matter that may have collected in the intestines.

On a perfect recovery, the patient should be very careful and cautious in his diet, using only such things as are light, nutritive, and easy of digestion. To strengthen the stomach and bowels, bark and other bitters may be taken, obviating any costiveness which may prevail by using some gentle laxative.

#### OF A DIARRHOEA, OR PURGING.

IN a diarrhœa, there is a copious and frequent discharge of liquid excrement by stool, unattended either by fever or infection.

CAUSES. An increased secretion from the intestines will be produced by certain stimulants: for example, bile  
being

being retained a long time in the stomach, will become acrid, and produce this effect. An acid is sometimes formed in the stomach, which, getting into the bowels, will be attended with similar consequences. Purgings are sometimes brought on by overcharging the stomach with too great a quantity of food, or by a sudden check being given to the perspiration, from an exposure to moist cold air : they sometimes arise likewise from an absorption of purulent matter. In children at the breast, they are often symptomatic of dentition.

**SYMPTOMS.** When the disease has been of long standing, a loss of appetite and strength, sickness, and pain, often attend the evacuations. The colour and appearance of what is voided, also vary at different times.

**PROGNOSTIC.** When the disease becomes habitual, or attacks pregnant women, it will always be attended with some danger.

**TREATMENT.** It will be necessary to inquire whether a diarrhœa exists totally independent of any other complaint, or is symptomatic of some other. If it has proved salutary and critical, (as it is known to do in some particular disorders), it should by no means be rashly checked. Should it proceed from some acrid matter lodged in the stomach and bowels, a gentle emetic of about twenty grains of ipecacuanha may be taken in the evening, and twenty-five grains of toasted rhubarb the next morning. If the purging still continues after the use of these remedies, we must then have recourse to astringents, such as the following: Dissolve two drachms of the confection of Japan earth in four ounces of cinnamon water, to which add one of burnt brandy, and about eighty drops of laudanum, and direct two table spoonfuls to be taken after each stool.

Should the disease have arose from an exposure to wet or cold, then relaxant medicines ought to be given at the same time : twenty or thirty drops of antimonial wine may therefore be taken every four hours.

When it arises in consequence of worms, small doses of calomel and rhubarb will be proper. Ten grains of rhubarb with two of calomel will be sufficient for a grown person, and in the like proportion for those of a younger age.

If it takes place in children in consequence of teething, it should not be stopped, unless it is very severe. A little magnesia, with a few grains of rhubarb, may be given to check it. Small doses of rhubarb and magnesia, will also be proper for children, when the purging is owing to an acidity in the stomach and intestines. Four or five grains

of the former, with five or six of the latter, may be given for a dose to a sucking child.

Should it proceed from a weakness in the stomach and bowels, the Peruvian bark and bitters will be the most proper remedies. An ounce of the tincture of bark, may be taken four or five times a day in a glass of Port wine, to each dose of which may be added four or five drops of laudanum.

In habitual diarrhœas, the patient may drink a pint of lime water a day, in which about an ounce of gum arabic has been dissolved; and, by way of rendering it more palatable, milk may be added. An opiate draught, consisting of an ounce of cinnamon water and thirty-five drops of laudanum, may likewise be taken every night at bed-time. Mucilaginous clysters, composed of a decoction of barley and starch, with an addition of gum arabic, may also be injected two or three times a day. If these means fail of procuring the wished for effects, a strong decoction of cherry and guava barks, with an addition of pomegranate rinds ought to be made trial of.

Negroes are frequently attacked with watry and severe purgings, from eating sugar canes in their crude and unripe state. These, however, will in general readily give way to the timely exhibition of an emetic, and some purgative, such as rhubarb; but should they prove obstinate, the before-mentioned remedies must be resorted to.

When a diarrhœa attacks pregnant women, it ought immediately to be stopped by giving the astringent mixture before directed, adding also the use of mucilaginous astringent clysters, with a few drops of laudanum in each.

The diet of the patient should consist only of such things as are light, nutritive, and easy of digestion, as preparations of sago, rice, biscuits, panada, and soups made of astringent vegetables, such as plantains, bananas, talias, &c. Port wine diluted with water in which roasted bread has been infused, may be taken as common drink, or be mulled up with a little spice before it is diluted.

#### OF A DYSENTERY, OR FLUX.

THE dysentery is a disease of a very contagious nature, in which there is an inflammation of the mucous membrane of the intestines, accompanied with a frequent inclination to go to stool, severe griping pains, and sometimes a small degree of fever.

CAUSES. It is occasioned by great moisture, succeeding intense hot weather, whereby a sudden check is given to the perspiration, as also by noxious exhalations and vapours,

vapours, and the use of unwholesome and putrid food. It is likewise propagated by infection; as we see nurses, and those who attend such people as labour under the disease, very frequently attacked with it. A particular disposition in the air sometimes predisposes to it, in which case it often becomes epidemic.

During the months of August, September, and October, at which period the rainy season prevails in the West-Indies, dysenteries frequently arise amongst the slaves, and sweep off vast numbers of them, especially those of a weakly constitution.

**SYMPTOMS.** The disease often comes on with slight chills, succeeded by heat, loss of appetite, depression of strength, sickness at the stomach, slight vomiting, foulness of the tongue, and frequency of the pulse. These symptoms sometimes precede the griping and increased evacuations, whilst, at other times, they are not to be observed.

When the inflammation begins to occupy the lower part of the intestines, the stools, from being at first natural and copious, now become more frequent and less abundant; and, in passing through the inflamed parts, they occasion great pain, so that each evacuation is preceded by a severe griping and rumbling noise. It frequently happens, from the violence of the patient's efforts to discharge the irritating matters, that a portion of the gut is forced down, which proves, in the course of the disease, a troublesome and distressing symptom; as likewise does a tenesmus when it comes on, for it produces constant inclination to go to stool, without the ability of voiding any thing, perhaps, but a little mucus. The motions often vary, both in colour and consistence, being sometimes composed of a frothy slime streaked with blood; at other times, of an acrid watery humour, like the washings of meat, and now and then, perhaps, of a small quantity of hard feculent matter. Sometimes it happens that pure blood is voided, and now and then lumps of coagulated mucus, resembling bits of cheese, are to be observed in the evacuations. If an ulcer has arose in the rectum, a small quantity of purulent matter will be passed.

If these symptoms increase very much, and produce great loss of strength, coldness of the extremities, a fluttering and intermission of the pulse, with involuntary and fetid discharges by stool, death will soon ensue. When the evacuations consist merely of mucus, without any intermixture of blood, the disease is then known by the name of the *White Flux*.

**PROGNOSTIC.** If the symptoms run high, and the pa-  
tient



tient is very much reduced, the event, in all probability, will be fatal; but if the fever, thirst, and pain abate, or if a gentle perspiration breaks out on the surface of the body, and the stools become of a more natural colour and consistence, we may then hope for a speedy recovery. When the disease is of long standing, and has become habitual, it will not admit of an easy cure. The white flux is very difficult to remove in warm climates, and proves very mortal to negroes.

**TREATMENT.** The greatest care should be taken by those who attend the sick to guard against the spreading of the disease, as it is of a very contagious nature. With this view, great cleanliness ought to be observed, the patient's linen should frequently be changed, and the stools, as soon as voided, immediately be removed; the chamber should be sufficiently ventilated, and every now and then sprinkled with vinegar and rosemary, or camphorated spirits. All such as labour under the disease should be kept apart from those that are well; and no negro that has a flux on him should ever be put into a sick house with those who are affected with other disorders, or such as are confined for improper behaviour, as the disease will thereby spread rapidly through a whole gang.

It is too common a practice on most of the estates in the West Indies, to confine both the sick and unruly negroes under the same roof; but the impropriety of such conduct is so evident, that it ought to be given up, and separate apartments provided for each. Every kind of food which readily tends to putrefaction, ought carefully to be avoided in the course of the disorder, as also all kinds of spirituous and fermented liquors, supporting the strength with preparations of barley, rice, sago, panada, flour, gelatinous broths, and such vegetables as are possessed of an astringent quality. Whatever is drank, should be sufficiently cooled before it is taken, as warm liquors will increase the inclination to go to stool.

Three very different stages evidently exist in the course of this disorder, wherefore, to treat it properly, a due attention must be paid to that which is present at the time when advice is applied for.

In its first or inflammatory stage, if the patient is young and plethoric, and the symptoms run high, it may be necessary to take away a small quantity of blood; but if the pulse is not full and strong, and the febrile symptoms do not run high, it should never be practised. Very few instances occur in warm climates which will require the performance of this operation for the cure of a flux. Towards evening, it will be proper to prescribe an emetic, either of thistle seed  
or

or the powder of ipecacuanha, which may be worked off with an infusion of camomile flowers. The next morning, a purge of salts and marna, or castor oil, should be taken. When the purge has done operating, small doses of relaxant medicines may next be ordered, with a view of determining the circulation of the blood to the surface of the body: as such, three grains of ipecacuanha, with the eighth of a grain of tartar emetic, may be taken every three hours, which course should be persisted in for two or three days. At the expiration of this time, another purge of castor oil or rhubarb ought to be given, in order to remove any fresh accumulation of feculant matter that may have taken place.

After these evacuations have been premised, if the griping is very severe, we may safely venture to prescribe an opiate at night: as such, twenty drops of antimonial wine, and thirty-five of laudanum, may be taken in an ounce of cinnamon water. Opiates should never be given, however, until sufficient evacuations have been made both by emetics and purgatives.

By adopting these means at an early period of the disease, the cure will seldom prove either difficult or tedious; but when the disease has been neglected, and is of long standing, or has acquired a degree of malignancy, then the second stage may be said to have taken place, and must be treated accordingly.

At this period of the disorder, having first ordered the patient a gentle emetic and purgative, we must then endeavour to sheathe the stomach and bowels, by giving mucilaginous liquors of all kinds, such as solutions of gum arabic in milk, and preparations of starch, barley, &c. For this purpose, boil six drachms of starch in a quart of water, with the addition of an ounce of gum arabic, then add two ounces of cinnamon water and a little common sirup: this may be used for ordinary drink. Mucilaginous clysters, composed of a thin flour pap, or starch, boiled up to a thin consistence with water, may also be injected three or four times a day, with the addition of a little mutton suet to each. If the stools are so frequent as to prevent the clysters from being retained for any length of time, then about twenty-five drops of laudanum may be added to each. To mitigate the griping, cloths dipped in a warm infusion of emollient herbs may be applied over the whole region of the belly.

Small doses of the relaxant medicine before mentioned should be taken frequently, with a view of exciting a gentle perspiration. Every three or four days, a purge of castor oil or rhubarb should likewise be made use of. All

vain efforts to go to stool, as also all violent strainings, in evacuating the contents of the intestines, ought to be cautiously avoided. If the bottom of the rectum and fundament become inflamed and excoriated, the parts should be anointed with a little hog's lard after each discharge. When a portion of the gut protrudes, it must be replaced.

In the third stage of the disease, where the patient's strength is daily exhausted by frequent returns of the looseness, proceeding entirely from a weak and relaxed state of the bowels, the use of strong astringent medicines and opiates becomes absolutely necessary. Here either the julep of the confectio of Japan earth, mentioned under the head of Diarrhœa, or the following bolus may be taken every three or four hours: Make eight grains of Armenian bole, five of alum, and the fourth of a grain of opium, of a proper consistence, with a little conserve of roses. The mucilaginous clysters before-mentioned, with the addition of a few drops of laudanum in each, may also be injected frequently, and the mucilaginous liquors spoke of before, may likewise be used by the patient for ordinary drink.

When the disease proceeds merely from a weakness of the intestines, and is unaccompanied either with malignancy or contagion, taking a strong decoction of log-wood, with the barks of pomegranate, cherry, and guava, may be attended with advantage. A moderate use of wine may likewise be allowed: lime water and milk have also been recommended in this stage of the disease.

Persons recovering from a flux should observe the greatest caution and regularity in their mode of living, as relapses are very apt to ensue. The diet should be light and nutritive: all exposures to wet, moisture, and the night air, ought to be carefully avoided. Moderate exercise, a milk diet, and daily use of the tincture of bark and other bitters, will greatly expedite the recovery of the patient.

#### OF COLICS.

THESE have generally been divided into three kinds, the bilious, the flatulent, and the hysterical, being so named from the causes which give rise to them.

**SYMPTOMS.** In the bilious colic, there is a want of appetite, bitter taste in the mouth, high colour of the urine, that is avoided, and a ventrig of bilious matter, attended with an acute pain all round the region of the navel.—As the disease advances the former becomes more frequent, and the latter more severe and lasting.

In the flatulent colic, there is great costiveness, attended by

by pain, soreness, griping, and distention of the stomach and bowels, and an inclination to vomit.

In the hysteric colic, there is nausea and sickness, accompanied with severe spasms, costiveness, lowness of spirits, and a fixed pain in the region of the stomach.

**PROGNOSTIC.** When the pains are very violent and of long duration, an inflammation of the bowels is apt to arise. When frequent relapses take place, paralytic affections of the extremities sometimes ensue.

**TREATMENT.** Those who are subject to frequent attacks of colics, should cautiously abstain from all flatulent food, and fermented liquors; they should also avoid, as much as possible, all violent agitations of the mind, and shun all exposures to moisture and wet, taking due care always to keep the feet warm and dry.

In the bilious colic, it may happen that some degree of inflammation will arise, which may be known by a fulness and hardness of the pulse. In this case, a few ounces of blood ought to be taken away; but when no symptoms of an inflammatory tendency are present, the operation will be unnecessary.

If there is any very great irritation of the stomach, with an incessant nausea and vomiting, the saline draught may be taken every hour in the act of effervescence, as directed under the head of Cholera Morbus. If only a nausea prevails, the patient may be ordered to drink plentifully of warm diluting liquors, such as camomile tea, barley water, &c. These may also be injected frequently in the form of clysters, with the addition of a small quantity of castor oil to each. Cloths dipped in a warm decoction of emollient herbs, may be applied all over the region of the belly, and renewed as often as they become cold. When the symptoms are very severe, the use of a warm bath will be attended with good effects.

As soon as the vomiting ceases, a gentle purge should be given, and, to assist its operation, the patient should drink plentifully of diluting liquors, such as water-gruel or weak broth. In this species of colic, I have seen very happy effects derived from giving a wine glass full of lime juice, with an addition of about two tea spoonfuls of common salt; but it ought to be taken at an early period of the disease.

In the flatulent colic, we may begin the cure by giving a wine glass full of some aromatic cordial, as the following: Take of cinnamon and peppermint waters, each an ounce, to which add thirty-five drops of the compound spirits of lavender, and the same quantity of laudanum. When there is no inflammation, a glass full of geneva, or  
I brandy,

brandy, in which a little bruised ginger has been infused, may be substituted. If these means do not abate the symptoms, recourse must be had to emollient cyllers, and fomentations should also be applied to the region of the belly; a warm stomachic purge may likewise be taken. As such, the preference may be given to Daffy's elixir, from the use of which I have often seen immediate relief procured. Should the disease still continue to increase in violence, and threaten the approach of an inflammation in the bowels, we must then resort immediately to bleeding and the warm bath.

In the hysteric colic, no evacuation is necessary; but should any great costiveness prevail, so as to require the use of some gentle laxative, a few grains of rhubarb may be given, with the addition of about twenty drops of the spirits of lavender in an ounce of cinnamon water. When the vomiting is severe, it may sometimes be necessary to cleanse the stomach by drinking camomile tea, after which the patient may take thirty drops of laudanum, with about forty of the tinctures of castor and asafœtida in an ounce of peppermint water.

#### OF THE JAUNDICE.

IN the jaundice there is a yellow tinge over the whole surface of the body, occasioned by a quantity of bile being intermixed with the blood.

**CAUSES.** It arises sometimes from a spasmodic constriction of the biliary ducts, and not unfrequently from the resinous parts of the bile, forming into concretions or gall-stones, which, getting into the biliary passages, occasion an obstruction to its natural course. It frequently comes on after obstinate and long continued intermittent fevers, as also when a redundancy of the bile prevails; it is an attendant symptom on a scirrhus of the liver, and often also on pregnancy.

**SYMPTOMS.** It comes on with universal languor, inactivity, nausea, sickness, loathing of food, uneasiness, flatulency, and acidities in the stomach and bowels, and sometimes with a pain in the region of the liver. There is a considerable yellowness in the skin and eyes, a bitter taste in the mouth, and an oppression at the breast; the pulse is languid, the urine tinges the linen of a deep yellow, the stools are of a grey or clayey appearance, and every object that is presented to the eye seems to partake of a yellow hue. As the disease advances, great debility and weakness arise, and anasarcaous swellings of the legs and feet take place. When the stools are very acrid, and the disease is of  
long

long standing, it is apt to degenerate into what is called the Black Jaundice.

**PROGNOSTIC.** When it proceeds from a scirrhusity of the liver, it never admits of a cure; but if it arises from gall-stones, or a constriction of the biliary ducts, it will go off as soon as these are removed.

**TREATMENT.** If a jaundice has arose from any inflammatory affection of the liver, and is accompanied with an acute pain in the right side, and other feverish symptoms, or if it is owing to pregnancy, then bleeding will be serviceable; but if neither of these causes have produced it, we may begin the cure by giving a vomit consisting of fifteen grains of ipecacuanha, and one of tartar emetic, working it off with camomile tea, and repeating the dose at least twice a week.

The body must afterwards be kept open with gentle purgatives, such as castor oil, Glauber salts, or minna and cream of tartar. It has been the usual practice to give saponaceous medicines along with purgatives, wherefore two drachms of rhubarb with half an ounce of Castile soap may be formed into a mass, with a sufficient quantity of sirup of buckthorn, and afterwards be divided into pills containing about five grains in each, whereof three may be taken morning and evening, increasing or diminishing the dose according to the effects thereby produced. Soap may also be given joined with diueretics. Twenty grains of Castile soap with ten of diueretic salt may be taken three or four times a day, made up in the form of a bolus, with a small quantity of lenitive electuary.

If a severe purging should arise in the course of the disease, it must be checked, by giving a dose of toasted rhubarb with a few grains of magnesia. If these do not produce the desired effect, the astringent julap mentioned under the head of Diarrhœa, must be made use of.

If the disorder proceeds from gall-stones, we should endeavour to promote their passage into the intestines, by making use of opiates and the warm bath, and by applying emollient fomentations to the parts most affected with pain. Bladders filled with warm water (if such can be procured), may be made use of for this purpose, and as soon as they grow cold, they should be refilled. Emollient clysters composed of warm water and oil may also be injected frequently, as by their relaxant quality they will greatly expedite the passage of any stone that may have lodged itself in the biliary ducts. The same means and remedies may likewise be adopted when the disease proceeds from a spasmodic constriction of these parts.

If the pain is very acute, order the following opiate draught.



draught to be taken every four or five hours, and, besides the application of emollient fomentations to the parts, let them be rubbed with a little anodyne liniment. Mix an ounce of cinnamon water with half an ounce of common sirup, and add thereto fifteen drops of laudanum, and two of the oil of juniper.

During the whole course of the disease, the patient should use moderate exercise, and confine his diet to vegetables, and such animal substances as are light, nutritive, and easy of digestion. A beverage made by infusing preserved tamarinds in water may be used as ordinary drink, and all acid fruits may be partaken of freely. Such as are afflicted with this disease in either of the islands of Jamaica or Nevis, will find great advantage from drinking the waters of the sulphureous springs, which are there to be met with.

### OF THE ASTHMA.

THE asthma is an affection of the lungs attended by a frequent, difficult, and short respiration, anxiety, tightness across the chest, and a wheezing noise and cough, all of which symptoms are much increased when the patient is in a recumbent position. The disease is generally known by the appellations of the spasmodic and the pituitous.—The former arises from a convulsive contraction or motion of the parts concerned in performing respiration, and the latter from a viscid mucus or phlegm, stuffing up the vessels of the lungs. A third species has been taken notice of by some authors, and proceeds from a full, plethoric, and corpulent habit of body; this, however, is easily obviated, and is attended with no danger.

CAUSES. Asthma is sometimes observed to be symptomatic of other diseases, as the hysterics, hypochondriasis, and gout. When this last complaint falls on the lungs, it often bears a strong resemblance to a fit of the asthma. It is occasioned by exposures to moist and damp air, violent exercise, a suppression of the menses, the drying up of old habitual discharges, long continued costiveness, eating animal food and indigestible substances for supper, and by an excitement of sudden and violent emotions of the mind.

Asthma proves sometimes hereditary. Those who labour under any deformity or wrong formation of the chest, are much predisposed to its attacks. It is sometimes brought on by breathing air which is much heated. Those who labour under asthmatic affections, can by no means bear to sleep in close confined rooms. In short, whatever prevents the free circulation of the blood through the lungs, or the free passage of air through its vessels, will readily occasion this disease.

### SYMPTOMS.

**SYMPTOMS.** Some little time before the asthma makes its attack, the spirits are often much affected, and the person experiences a fulness about the stomach, tightness and oppression at the chest, and a sense of lassitude and weariness: these are afterwards followed by a cough, difficulty of breathing, wheezing noise, great heat, pain in the head, palpitations of the heart, and a quick small pulse. The spasmodic stricture at length increases, each inspiration is made with difficulty, the stomach is distended with flatulency, a vomiting of bilious matter sometimes ensues, and, from a fear of suffocation, the patient cannot lay down in bed, but is obliged to be supported in an erect posture, with every window in the room thrown open for a free admission of cool air. If the spasm is of long continuance, and still increases to a greater height, then the face and lips will become of a livid colour, the extremities will grow cold, and death will be the consequence; but if the spasmodic constriction abates, and there ensues a copious perspiration, the fit will soon terminate, and immediate relief will be experienced.

**PROGNOSTIC.** If the attacks are neither frequent nor severe, and the person is young, the disease may sometimes be totally removed; but when it comes on at an advanced period of life, and the fits return frequently; or when it proceeds from an hereditary disposition, it will seldom if ever be possible to eradicate it. When lethargic symptoms come on, or the face and lips become livid, the event in all probability will be fatal.

**TREATMENT.** Our first endeavour should be to remove the present spasm and constriction on the lungs; and, when this is effected, we are then to aim at obviating or retarding any future attack. If the symptoms run very high at first, and are attended with much fever, drowsiness, or a tendency to apoplexy, it will be necessary to take away a small quantity of blood; but, otherwise, it will not be advisable. If the breast and stomach are much affected with pain or spasm, cloths dipped in a warm fomentation of herbs may be applied to the parts; the feet may also be put into warm water, and directions be given to the patient to drink freely of diluting liquors. As a medicine, two table spoonfuls of the following mixture may be ordered every hour: Take of the tinctures of castor and asafoetida each two drachms, and three of the volatile tincture of valerian, to which add five ounces of pennyroyal water, and forty drops of the compound spirits of lavender.

During the paroxysm (the body being generally costive, and the stomach and bowels much distended with wind) it

will be necessary to give an emollient clyster daily. This may be composed of three fourths of a pint of an infusion of camomile flowers, with the addition of a table spoonful of castor oil, and a few drops of the oil of aniseed, or any other carminative.

Gentle emetics may be given in this stage of the disease with considerable advantage, as they will relax the vessels of the lungs, and also promote a perspiration. When the disease has proceeded from the striking in of any eruption, or the drying up of some old habitual ulcer, the application of blisters, or the making a perpetual issue, will be highly proper.

When the fit is gone off, we are to endeavour to prevent, or at least retard, any future attack. For this purpose, the patient must be put under a course of antispasmodic medicines, such as castor, asafœtida, volatile salts, and musk, which may be taken in whatever form they can most readily be swallowed (see Epilepsy.) If, during the course of the fit, or afterwards, a great depression or exhaustion of strength and spirits should be perceived, arising from the want of sleep, a coup'e of tea spoonfuls of paregoric elixir, or forty-five drops of laudanum, may then be prescribed.

In the treatment of the pituitous asthma, which, as was before observed, arises from a viscid matter or phlegm blocking up the passage of the air to and from the lungs, recourse must be had to pectoral medicines, as mentioned under the heads of Pleurisy, Peripneumony, and Coughs. Or the following may be substituted, adding to each dose when the cough is troublesome, a few drops of laudanum, or a tea spoonful of paregoric elixir, in any liquid whatever: Take of gum ammoniac and asafœtida each two drachms, with one of the pulp of fresh squills, and half the same quantity of Castile soap, and beat them up in a mortar with a sufficient quantity of common sirup, then divide the mass into five grain pills, whereof let four be taken morning and night. Or dissolve two grains of tartar emetic, and two drachms of gum ammoniac, in six ounces of pennyroyal water, and add thereto half an ounce of the oxymel of squills, of which direct a table spoonful to be taken every three hours, shaking the phial each time before the medicine is used. Gentle emetics will likewise be attended with good effects in this species of asthma.

If dropical swellings of the feet ensue, from a long continuance of the disease, we must have recourse to the Peruvian bark, preparations of steel, bitters, and other such remedies. See Dropsy.

In both species of asthma, the patient's diet should consist  
of

of such things as are light and easy of digestion. He should carefully avoid every thing that tends to generate flatulency; for which reason no kind of vegetables should be made use of, except onions, which are universally allowed to have a good effect in this complaint. Milk, or an infusion of aromatic herbs, may be taken for breakfast, and white meats, puddings, custards, and thin broth for dinner; but suppers of all kinds must be abstained from. The feet should be carefully guarded against wet and cold, daily exercise must be taken on horseback, all kinds of vinous and spirituous liquors must be shunned, and a pure dry air, if possible, be breathed.

### OF THE GOUT.

**THE** gout is a chronic disease, in which the ligaments of the joints of the hands and feet are most affected when what is termed a regular fit takes place. In the wandering or irregular gout, flying pains are felt all over the body, and the matter sometimes falls on the internal and vital parts. When it fixes in the hip, it is called a sciatic.

**CAUSES.** Too free an indulgence in the use of tartareous wines, fermented liquors, and high seasoned dishes, giving up to a sedentary and inactive life, keeping late hours, great sensuality, and living freely, are the occasional causes of this disease; but, without doubt, it sometimes proceeds from an hereditary taint.

**SYMPTOMS.** At first there is generally a hardness and fulness in the pulse, sickness at the stomach, with acid eructations, flatulency, great restlessness and flying pains, which symptoms, perhaps, go off and come on again two or three times before any inflammation makes its appearance. The patient probably goes to bed tolerably well, and, after being a few hours in it, he is then awaked by the severity of the pain, which seizes the joint of the great toe, calf of the leg, heel, or, perhaps, the whole of the foot; and this pain becoming at length still more violent, there ensues a slight shivering, feverish heat, severe throbbing, and inflammation in the part affected, together with a hardness and frequency in the pulse. Sometimes both feet become swelled and inflamed in the same manner, so that neither of them can be put to the ground, nor can the patient endure the least motion without suffering very great pain. These symptoms, after a due period, become milder, and the fit goes off, either by an increased perspiration, or some other evacuation.

Sometimes there is a translation of the gouty matter from one part of the body to another, as from the feet to the stomach, in which case it occasions great flatulency,

violent

violent pains, sickness, and vomiting. When it falls on the lungs, it puts on the appearance of an asthmatic fit, and when on the brain, it produces a stupor and delirium.

Those who have been frequently attacked with this disease, often have their fingers and toes much contracted and distorted, and, in some inveterate cases, chalky concretions are formed about the ligaments of the joints, which create very great pain and uneasiness in working their way through the skin.

**PROGNOSTIC.** When the gouty matter falls on some of the vital parts, the disease frequently terminates fatally.

**TREATMENT.** During a regular fit of the gout, very little relief is to be expected from medicine, and all that is necessary to be done is to keep the inflamed parts moderately warm, by wrapping them up in flannel or wool, and to confine the patient to a spare regimen: he is therefore to be directed to abstain from all high seasoned and salted meats, and to drink plentifully of diluting liquors, to which may be added a small quantity of wine, provided the symptoms do not run high, and that he has accustomed himself to a free use of it when in perfect health. The mind as well as the body is to be kept tranquil and quiet.

If any medicines are given in a regular fit of the gout, they should only be such as are possessed of a diaphoretic quality, and even these will only be necessary when the febrile symptoms run high: as such, the following bolus may be taken every six hours: Mix four grains of camphor, five of the salt of hartshorn, and two of the powder of ipecacuanha, with as much conserve of roses as will form them of a proper consistence.

By the adoption of an antiphlogistic mode of treatment, we may, perhaps, be able to remove the fit; but in so doing there will be great danger of occasioning a translocation of the gouty matter to some vital part, for which reason, bleeding and purging should never be resorted to, neither should any repellant application be used externally.

If the body is very costive, some stomatic laxative may be given, such as an ounce of sacred elixir, with an addition of two drachms of the compound spirits of lavender. Should the kidneys be affected, and the disease put on the appearance of a gravelly complaint, bladders filled with warm water are to be applied externally, and emollient clysters are to be frequently thrown up the intestines, to each of which may be added a few drops of laudanum; diluting liquors should likewise be drank freely.

If the gouty matter falls on the stomach, recourse must then be had to spices and aromatic cordials, and warm  
cloths



cloths must be kept constantly applied ; should it fall on the brain, we may then bleed the patient, and apply blisters to the back and ancles, or put his feet into warm water. The following bolus may also be taken every four hours : M x eight grains of snake root, five of the volatile salt of hartshorn, and three of camphor, with a small quantity of cordial confecti<sup>o</sup>n.

When the fit goes off, the patient must take such daily exercise as his strength will admit of, and he ought to rise early in the morning, and go to bed every night at a seasonable hour. He should avoid all meat suppers, and high-seasoned dishes, confining his diet wholly to plain animal food, and such other substances as are light and easy of digestion ; he should likewise take the greatest care to keep his feet always warm and dry.

To strengthen the tone of the stomach, a daily use may be made of stomachic bitters composed of gentian-root, cinnamon, cardamom seeds, and orange peel steeped in brandy or old rum.

#### OF THE RHEUMATISM.

This, like the former, is a very painful disease, and often attended with a good deal of inflammation and swelling of the ligaments, muscles, and membranous parts of the body. It is usually distinguished into chronic and acute, being called by the former appellation when there is no fever or great degree of inflammation present, but merely flying, wandering pains ; and by the latter, when both fever and inflammation exist in a high degree. Rheumatism sometimes fixes in the loins, and is then called a lumbago.

**CAUSES.** It arises mostly from obstructed perspiration, occasioned either by wearing wet clothes, laying in damp linen, or being suddenly exposed to a stream of cool air, when the body is violently heated by exercise. Those who are much afflicted with rheumatic pains, are often sensible of the approach of moist damp weather, as they find them considerably increased for some little time before. In those climates where sudden transitions from heat to cold are apt to take place, this complaint is very general.

**SYMPTOMS.** The chronic rheumatism is known by the severe pains which are felt in the head, shoulders, breast, loins, and knees. Sometimes these are fixed to a particular part, and at others, they fly about, and wander from place to place, being always most severe when the patient has been in bed any length of time. In the acute, the attack comes on with a lassitude, chilliness, and shivering, which are succeeded by great heat, thirst, anxiety, restlessness, and a hard quick pulse. Shortly afterwards, excruciating pains



pains are felt in different parts of the body, but more particularly in the joints of the shoulders, wrist, knees, and ancles; and these keep removing frequently from one place to another, leaving a redness and swelling in every part they have occupied; and, if blood is now drawn from the arm, it will exhibit a thick buffy coat on its surface.

**PROGNOSTIC.** Although the chronic rheumatism is attended with little or no danger, yet when a person has been once afflicted with it, he will always afterwards be more or less liable to fresh attacks. The acute is attended with many bad consequences, as the patient is sometimes destroyed by the general inflammation, debility, or want of rest, which have been brought on, and, now and then, by a sudden translation of the disease to some vital part.

**TREATMENT.** If the chronic rheumatism is attended with any great degree of inflammation, a small quantity of blood may be taken away from the parts affected, by the means of cupping glasses; but if no inflammation exists, and only severe pains are felt, then this application may be omitted, and the parts be rubbed two or three times a day with camphorated spirits of wine, or anointed with volatile liniment, composed of two thirds of camphorated oil, and one of the spirits of sal ammoniac, after which flannel should be applied round them. If these means do not prove effectual, blisters must be resorted to.

As a medicine, the following bolus may be taken every night going to bed, drinking a little wine or mustard whey after it: Take ten grains of gum guaiacum, five of volatile salt of hartshorn, and the third of a grain of tartar emetic, to which add as much conserve of roses as will be sufficient to form them; or a tea spoonful of the volatile tincture of guaiacum may be substituted, if found to promote a copious perspiration better than the former. Sea bathing has, in many instances of chronic rheumatism, proved highly beneficial.

If the patient's rest is much disturbed throughout the course of the night by the violence of the pains, it will be necessary to give an opiate. For this purpose, a grain of opium may be added to the before-mentioned bolus; or the following draught may be taken: Mix forty drops of antimonial wine, and thirty-five of laudanum, in about an ounce of cinnamon water.

In the acute rheumatism, the principal thing to be attended to, is the removal of the fever and general inflammation; this is to be effected by taking away a quantity of blood, proportionable to the strength of the patient and  
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the violence of the symptoms. The application of cupping glasses may, in some instances, also be necessary. When there is no great degree of general inflammation present, and the patient is very weak, this mode of taking away blood will be far preferable to the former. When any costiveness prevails, one or two evacuations must be procured daily, either by making use of some gentle laxative, or by giving an emollient purgative clyster. Topical bathing, by the application of flannel cloths, dipped in a warm decoction of emollient herbs, to the inflamed parts, may be made use of with very great advantage, especially when any degree of swelling attends. Diaphoretic and relaxant medicines will also be proper after sufficient evacuations have been made; as such, mix five grains of nitre, two of ipecacuanha, and three of camphor together; or prescribe the fourth part of a paper of Dr. James's powders for a dose; or the bolus mentioned in the treatment of Chronic Rheumatism; either of which may be taken every four hours, drinking a little warm herb tea afterwards.

Should the pains be very acute, and no great degree of fever be present, opiates may then be given, joined with the diaphoretics, as in the chronic rheumatism; or thus: Make up two grains of opium, three of ipecacuanha, five of snake-root, and ten of nitre, into a bolus, with a little conserve of roses, and direct it to be taken every night at bed-time.

When the disease is confined to a particular part, the application of a blister may be attended with good effects; but when there are frequent translations of it from one place to another, this remedy will not prove serviceable; and, instead of it, we may substitute the volatile liniment before directed. If the disorder still continues to make a fresh attack every night, notwithstanding that the fever and general inflammation have gone off, the Peruvian bark may then be given with advantage.

In the acute rheumatism, the diet should consist solely of such things as are light and nutritive; but in the chronic there will be no occasion to make any change whatever in the patient's ordinary mode of living. Great benefit may be derived from wearing a flannel waistcoat next to the skin, and frequently making use of a flesh-brush. All possible care should be taken by such as are subject to the rheumatic complaints, to avoid the least exposure to rain and damp air, and to keep the feet always warm and dry.

## OF THE GRAVEL AND STONE.

**FROM** the relaxed state of the urinary passages in warm climates, we seldom meet with instances of calculous concretions forming of any size, either in the kidneys or bladder. as the particles of sand which the urine deposits usually pass off before they can adhere together, so as to form a nucleus, or foundation of a stone.

**CAUSES.** There is evidently a predisposition in some habits to generate gravel in the urinary passages. Those who are in the decline of life, and have been engaged in sedentary employments, as also those who have been much afflicted either with the gout or rheumatism, are in general very subject to nephritic complaints. A long use of fermented viscid liquors, and of tartareous wines, or of waters which have a large proportion of earthy particles suspended in them, will, in many constitutions, prove occasional causes of the gravel and stone.

**SYMPTOMS.** A fit of the gravel is attended with a fixed pain in the loins, numbness of the thigh on the side affected, sickness, vomiting, and often with a suppression of urine. As the gravel removes from the kidney down into the ureter or tube, which leads into the bladder, it sometimes produces such acute pain, as to bring on sudden faintings, and convulsive fits.

A stone in the bladder is accompanied with a frequent inclination to make water, and a deposit of thick mucous sediment, when it is allowed to stand in a chamber pot for any time. It often comes away drop by drop; or if it happens at any time to be discharged in a full stream at first, a sudden stoppage will perhaps take place: each evacuation of urine is attended with an acute pain at the end of the penis. and is made much easier in a recumbent posture than in an erect one; the patient moreover, cannot bear any kind of rough motion, neither can he make use of any severe exercise without suffering great torture, and bringing on either a discharge of bloody urine, or a temporary suppression. When any costiveness prevails, a tenesmus, or frequent inclination to go to stool, is apt to ensue.

**PROGNOSTIC** When a stone has increased to such a size as that it cannot pass off through the urinary passages, it is then to be removed only by lithotomy, as no medicine has yet been discovered which will dissolve it in the bladder.

**TREATMENT.** In an acute fit of the gravel, the same antiphlogistic means must be adopted which are recommended under the head of a Suppression of Urine, such

as having immediate recourse to bleeding, oily laxative clysters, emollient fomentations, the warm bath, opiates, and a free use of mucilaginous diluting liquors, as barley water, linseed tea, and thin solutions of gum arabic; in each draught of which about five grains of nitre may be dissolved.

When the gravel or sand which has occasioned the fit is removed, or voided, we are to endeavour to guard against any fresh accumulation or attack, by putting the patient under a course of soap pills and lime water. Of the former, he may be directed to take about a drachm made up into pills every morning and night; and of the latter, he may drink a pint a day mixed with a little milk, in order to take off that nauseous and harsh taste it is apt to convey to the palate; or, instead of the pills, he may take twenty drops of the lees of tartar twice a day in a cupful of linseed tea.

If a stone has formed in the bladder, and is evidently felt on searching for it, the operation of lithotomy should be submitted to, before it becomes of any considerable size, provided the patient is young and otherwise in good health, as he must not entertain the least hopes of having it dissolved in the body by medicine; and, moreover, it is well known that a long continued course of lithontriptics injures the constitution very much.

Those who are afflicted with the gravel or stone should by no means lead sedentary lives, nor, on the contrary, should they make use of any severe exercise. All tartarous wines, fermented liquors, and all such articles of diet as are highly seasoned, salted, or apt to prove flatulent, ought to be carefully avoided. If any kind of spirit is used in ordinary drink, it should be geneva properly diluted with water, which being distilled from juniper berries, possesses a powerful diuretic quality.

#### OF THE CHRONIC THRUSH.

**ALTHOUGH** the disease frequently occurs in warm climates, yet it has been taken little notice of by most authors. It makes its attack gradually, and increases almost imperceptibly, the patient experiencing no other inconvenience for a considerable time than a slight soreness in the mouth, and, perhaps, now and then a gentle griping pain in the bowels. From appearing thus trivial at first, it is very apt to be neglected, until it arrives at a considerable height, and at last terminates fatally.

**CAUSES.** A relaxed state of the solids, obstructed perspiration, and an acrimony of the humours, are thought to be the occasional causes of the chronic thrush.

**SYMPTOMS**

**SYMPTOMS.** The first symptom that is generally perceived is an uneasy sensation or burning heat at the upper orifice of the stomach, which comes on slowly, and gradually increases in violence. After some time, small pimples of about the size of a pin's head, shew themselves on the tip and edges of the tongue, and these, at length, spread over the whole inside of the mouth, and occasion such a tenderness and rawness of the parts, that the patient cannot make use of any food of a solid nature, neither can he take any vinous or spirituous liquors into his mouth without great pungency and pain being excited. Little or no feverish heat attends the disease; but the skin is always very dry, and never has any perspiration on it, the countenance is pale, the pulse is smaller and more languid than in natural health, and a coldness is felt in the extremities.

These symptoms will continue, perhaps, for several weeks or months, the general health being at one period better, and at another worse; and then the patient will be attacked with acid eructations, and a vomiting of clear acrid phlegm, to which a violent purging soon ensues that greatly exhausts the strength and emaciates the whole body. After a little time, these symptoms cease, and better health is enjoyed; but sooner or later the acrid matter shews itself once more in the mouth with greater aggravation and virulence, and makes frequent translations or removals to the stomach and bowels, and so from these to the mouth again, until, at last, the patient is reduced to a perfect skeleton.

**PROGNOSTIC.** It will be a difficult matter to effect a perfect cure, even at an early stage of the disorder; but when it has been long neglected, or has made its attack at an advanced period of life, it will sooner or later terminate in death.

**TREATMENT.** The stomach and bowels being usually loaded with phlegm, it will be adviseable to begin the cure by giving a gentle emetic of ipecacuanha, and, if any acidity prevails afterwards, (which may be known by sour belchings, heat and pains in the stomach), a drachm of magnesia may then be taken every morning. If a purging prevails at the time that advice is applied for, then instead of the latter, a dose of toasted rhubarb should be prescribed the next morning after the emetic has been taken; and, at night, the following astringent anodyne draught may be ordered: Dissolve a scruple of the confectio of Japan earth in one ounce of cinnamon water, and add thirty drops of laudanum.

With a view of determining the humours to the surface of the body, relaxant and diaphoretic medicines may be made

mule trial of in any of the subsequent forms; and, to assist their operation, the patient should be advised to wear a flannel waistcoat next the skin, and to take such moderate exercise daily as his strength will admit of. Two grains of ipecacuanha, three of camphor, and five of gum guaiacum, may be made into a bolus, with a little conserve of roses; or five grains of diaphoretic antimony, with the third of a grain of tartar emetic, may be used in the form of a powder; or twenty drops of antimonial wine may be taken for a dose. The medicine may be repeated twice a day.

If these remedies fail in exciting a proper perspiration, and the patient continues to waste in flesh, and is troubled with frequent returns of the purging, he must have recourse to the warm bath, always giving a preference to a natural one, when it can be procured; that which is in the island of Nevis is of a sulphureous nature, and its waters seem to possess much the same virtues as those of Bath in Somersetshire, to which so many hundreds, afflicted with various disorders, annually resort.

If any great inconvenience is experienced from the soreness of the mouth and tongue, a gargle composed of tincture of myrrh, honey of roses, and a little alum, may be made use of. When the purging proves obstinate, and will not give way to the former remedies which have been advised, we must then have recourse to strong astringents. See these under the heads of Diarrhœa and Dysentery.

In this disorder, the diet must consist of such things as are light, nutritive, and easy of digestion, as milk, mucilaginous soups, jellies, preparations of barley, sago, rice, plantains, bananas, and talias. Port wine diluted with water may be made use of for ordinary drink; or lime water mixed with milk, when the purging is very severe. All exposures to moist damp air, or whatever may give a check to the perspiration, must carefully be avoided. If the patient's circumstances will admit of his removing to a cold climate, he should do it before the disorder becomes inveterate.

#### OF THE PILES.

THE piles shew themselves in painful tumors of the hemorrhoidal veins at the lower part of the rectum and fundament. When the swellings are attended with a discharge of blood, they are then known by the name of Bleeding Piles; but when there is no evacuation of blood, the term Blind Piles is used. Some people are afflicted with internal piles.

CAUSES. With some people, they are periodical. Many occurrences will give rise to them, such as severe exercise



on horseback, violent and long continued costiveness, a disposition to plethora, obstructions of the menses, and other accustomed evacuations, and the application of strong stimulants to the rectum. Men who lead sedentary lives, and women, during the last months of pregnancy, are very apt to be troubled with the piles.

**SYMPTOMS.** They come on with a sense of weight about the back, loins, and bottom of the belly, nausea in the stomach, and flatulency in the bowels. On going to stool, a pungent pain is felt in the fundament, and small tumors are found projecting considerably beyond its verge: if these break, a quantity of blood is then voided, and an immediate relief from pain is afforded; but if they continue unbroken, the patient experiences great torture every time he goes to stool, and even when he sits down on any hard seat.

**PROGNOSTIC.** The piles are by no means a dangerous complaint, although they often prove both disagreeable and troublesome. They now and then give rise to a fistula. In many instances, they should be regarded as a salutary evacuation, and, unless the bleeding is profuse and occasions great debility, they ought not to be dried up or repelled, as from imprudences of this nature, fatal consequences have sometimes ensued.

**TREATMENT.** A due attention should here be paid to the cause from which they have arose, and also to the symptoms with which they are attended. If there is any great degree of inflammation about the parts, and the tumors are external, and unattended with any discharge of blood, we may then recommend the application of warm emollient fomentations; or the patient may be placed on a close stool pan filled with warm water, that the steams arising from thence may come in contact with the parts, and occasion a relaxation of them.

A very spare diet must be pursued, and the use of every thing that is stimulating and high-seasoned be given up. Costiveness is at all times to be carefully guarded against, either by laxative clysters, or taking the bulk of a nutmeg of the following electuary every morning and night: Mix two ounces of lenitive electuary, half an ounce of the flowers of brimstone, and two drachms of nitre, with a sufficient quantity of common sirup.

If the before-mentioned means fail in affording ease, the parts may be anointed with saturnine ointment mixed up with a few grains of opium. If the rest is much disturbed throughout the course of the night, from the severity of the pains, an anodyne draught, (consisting of

forty drops of laudanum in a little water) may be taken towards bed-time.

When the piles bleed to such a degree as to occasion a great loss of strength, we must have recourse to astringents, which may be used inwardly as well as applied externally; but proper care must be taken at the same time to obviate any costiveness that may arise from their use. As an internal astringent, ten grains of Japan earth, and eight of alum, may be taken three or four times a day: lime water, or a strong solution of sugar of lead, or white vitriol, in rose water, may be used to bathe the parts with.

#### OF THE VENEREAL DISEASE.

MOST authors agree that the venereal disease made its first appearance at the siege of Naples, in the year 1494, to which place it is generally supposed to have been conveyed by the soldiers who came over from America with Christopher Columbus. After the above period, it spread rapidly through all the different nations, occasioned by a return of those who served at the siege to their several native homes, many of whom carried the infection with them.

The disease has been distinguished by the names of *Lues Venerea* and *Gonorrhœa*; the former implying a confirmed pox, or general taint of the whole habit or system; and the latter, a simple clap, or increased secretion from the mucous gland of the vagina in women, and the urethra and prostrate in men. It has been disputed, whether or not it is the same kind of matter that produces both species of this disease; but that it is so, is an obvious fact, as we daily meet with instances of persons communicating a different species of it from what they have laboured under themselves, to those with whom they have been connected; and both diseases have been known to arise in different persons from the embraces of the same man or woman.

**CAUSES.** Fortunately for mankind, venereal matter is not of a similar nature with that of the small-pox, which will infect when conveyed, even in the form of vapour. On the contrary, it must be applied in a liquid form to some part of the body where there is an ulceration or wound, or to some place that is soft and spongy, in order to give rise to the disease. It sometimes happens that the disorder is conveyed to an operator, or midwife, by having an accidental wound or scratch on the fingers, in which case the glands of the arm-pits generally first become swelled and indurated; but it most frequently arises from a connexion with those who are already infected.

The venereal disease cannot be propagated from the  
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father to the child in the womb, without its mother being first infected; but when she is disordered, the infection may possibly be conveyed to it. It has been a matter of doubt, whether the child receives the taint in the womb, or in its passage through the parts of generation during its birth; the latter of these conclusions seems to be the one most generally adopted.

When a nurse infects the child that she suckles, the disease usually first shews itself in ulcerations about the lips and mouth of the latter; but when it is the child that communicates the infection to the nurse, her nipples are generally the first part affected, and then the glands in the arm pits afterwards become swelled and indurated. This observation may assist us in forming a right judgment from which of them the disorder has originated.

**SYMPTOMS.** A gonorrhœa, or clap, usually shews itself about the fourth or sixth day after the infection has been received; but there are instances of its laying dormant several weeks, before any symptoms of it have discovered themselves. The patient generally feels, at first, an uneasiness in the testicles, and other parts of generation, attended with a pungent pain after each evacuation of urine; shortly after which there issues from the urethra a discharge of thick white matter: this, in the course of a few days, increases very much, and is accompanied with a redness, swelling, and inflammation of the glands, and often, indeed, of the whole of the penis or yard. In two or three days more, the matter becomes very thin, and from being of a white colour, now alters to a greenish cast; the redness and inflammation are likewise increased, and, from the salts of the urine coming in contact with the inflamed surface of the urethra, each discharge is attended with considerable heat and pain.

On the taking place of an erection, a sense of stricture, as if something grasped the penis, is also often observed. Sometimes a contraction of the frænum takes place, and the penis is bent forcibly downwards, so as to occasion a vast deal of torture, which symptom is called a chordee; at other times, a phimosis, or impossibility of drawing back the prepuce, or foreskin, from over the gland arises, and now and then it happens, that it is so much retracted that it cannot be brought forwards, which is called a paraphimosis.

From severe exercise, drinking hard, and living freely; or from too early an use of strong astringent injections, a swelling of one or both of the testicles sometimes ensues.

In about the space of a fortnight or so, the inflammation usually abates, and the discharge gradually diminishes,  
until

until at last it ceases entirely. When the disease has been neglected, and the patient has led an intemperate life, it will often continue for many months, and, on going off, will then leave a weakness or gleet behind. From repeated attacks of the disease, strictures in the urethra are very apt to take place, which always impede the flow of urine, and, now and then, occasion a total suppression of it.

When women are affected with a gonorrhœa, the same heat of urine, inflammation of the parts, pain in walking, and discharge of mucus, are to be met with as in men; but the former are never troubled with strictures.

In a confirmed pox, little pustules arise about the head of the penis, and inside of the prepuce in man; and about the labiæ pudendi in women, which at length form into small corroding ulcers called chancres. Sometimes a number of warty excrescences grow out on the different parts of generation in both sexes; and now and then it happens that the glands of the groin become indurated and swelled, and a bubo takes place.

When the disease has been of long standing, and the proper means for a cure have been neglected, the throat becomes ulcerated, the bones of the palate and nose are corroded, large copper-coloured spots are dispersed over the whole body, nodes arise on the bones, excruciating pains are felt when the patient is in bed, the hair falls off, and large phagedenic ulcers are formed, which soon destroy the patient.

**PROGNOSTIC.** Both species of the disease may easily be removed if they are taken in their infancy; but when they have been of long standing, and have acquired a degree of virulency, a considerable time will be requisite to eradicate them. In warm climates, a gleet is very apt to remain after a gonorrhœa, from the relaxation which takes place in the parts; but a confirmed pox always admits of a more ready cure than in cold climates, as it will seldom if ever be necessary to produce the slightest degree of salivation whatever, to effect a perfect removal of the complaint.

**TREATMENT of a Gonorrhœa.** In promoting the cure of a simple clap, little or no alteration will be requisite in the patient's ordinary mode of living, unless he has led an intemperate life; nor will it be necessary to debar him from drinking a glass or two of wine daily, unless the inflammatory symptoms run high, in which case a spare regimen must then be pursued. A free indulgence in venery, high seasoned dishes, salted meats, and spirituous liquors will, in all cases, be improper. All kinds of vi-

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olent exercise, whether on foot or horseback, must be avoided.

It seldom happens that the inflammatory symptoms run so high, as to require an use of the lancet. The application of emollient poultices, and fomentations immediately to the parts affected, will, in general, be sufficient to abate them, the operation of which may be assisted by ordering a dose of some gentle purgative to be taken now and then: even if no inflammation exists, it will be right to keep the body open: for this purpose, an infusion of preserved tamarinds may be made use of for ordinary drink; should it not be attended with a proper effect, the bulk of a nutmeg of lenitive electuary may likewise be taken morning and night.

The parts ought to be kept perfectly clean, lest from suffering the matter to lodge for any time, ulcers and excoriations should be produced thereby. Milk mixed with a small quantity of warm water, will be a proper bath; a little of which may also be injected up the urethra three or four times a day.

With a view of taking off the stimulus and pain which each evacuation of urine occasions, it will be advisable to direct the patient to drink plentifully of mucilaginous liquids, such as linseed tea, or milk and water, in which a small quantity of gum arabic has been dissolved.

It is too general a custom with many practitioners to attempt a hasty cure, by having recourse to strong astringent injections on the very first appearance of the disease, without giving any preparation of mercury whatever to counteract the venereal virus. A frequent consequence of this mode of practice, is a swelling of one or both of the testicles; or, perhaps, sooner or later, the patient will break out in large blotches, or shew some other symptoms of a confirmed pox. This being too often the case, strong astringent injections never should be made use of until by the adoption of the before-mentioned antiphlogistic means, whatever inflammation may have been present, has been removed; and likewise until a small quantity of mercury has been given, as it is the only certain antidote that is known against the venereal virus. A grain of calomel made up into a pill, with a little soft bread, may be taken for three or four successive nights, and some gentle purgative the morning after. This course should be continued for a week or so, and then we may with safety recommend the joint use of some mild astringent injection, as the following: Dissolve six grains of sugar of lead, and three of white vitriol, in four ounces of rose water, and add thereto an ounce of the mucilage of gum arabic: a small quantity

quantity of this must be injected three times a day, and be retained for a little time in the urethra before it is discharged. This course should not be desisted from immediately on the stopping of the running; but ought to be continued for some time, that a return of the disease may be guarded against.

If the mercurial pills occasion any soreness in the mouth and gums, or produce the least degree of salivation, their use must be omitted until these are gone off. When the urethra is very tender, and the urine acts as a constant stimulus thereon, oily injections may be substituted instead of the former. Take an ounce of oil of olives, and thirty drops of the balsam of copaiba, and rub them very gradually, with two ounces of the mucilage of gum arabic, until they are intimately blended together; then add an ounce of water, in which five grains of sugar of lead and two of opium have been dissolved.

If a phimosis ensues, emollient fomentations and poultices must be applied all over the glands of the penis; if the inflammation and contraction are not to be overcome by these means, and ulcers have been formed underneath the prepuce, we may then introduce a small knife, and make a division of it, after which the complete circumcision may be performed if found necessary. With a view of preventing any considerable degree of inflammation from arising, in consequence of the operation, a poultice of bread and milk, with a small quantity of hog's lard, should be applied to the wound.

If, during the course of the disease, either a paraphimosis or chordee should arise, the same antiphlogistic plans before mentioned ought to be pursued.

In cases of strictures, the patient must be recommended to wear bougies for at least an hour or two every day, which practice should be continued as long as there remains the least impediment or difficulty in making urine. No violence or force is ever to be used, in order to push it beyond the stricture; as this must be overcome gradually; a bougie of a small size must therefore be introduced first.

When a gleet remains behind, after the virulence of the disease is overcome, and all infection has ceased, we may advise the patient to commence a course of medicines that will strengthen the general system, such as some of the preparations of steel, bitters, and Peruvian bark, with the elixir of vitriol; to which may be added the use of a cold bath. Astringents may likewise be given in the following form; and lime water mixed with milk, may be drank daily: Mix half an ounce of traumatic balsam with two drachms of balsam of copaiba, and add sixty drops  
of



of the tincture of cantharides, of which let fifty be taken thrice a day in a tea-spoonful of brandy or old rum.

When a swelling of the testicles takes place, the patient must confine himself to bed, and if the pain and inflammation are very considerable, a small quantity of blood should be taken away, and a purge or two be ordered; after which, warm fomentations and sedative poultices of bread, mixed up with a solution of sugar of lead in water, or those with camphor in them, may be applied to the part affected. The scrotum should be suspended in a small bag, fastened round the waist, as by suffering it to hang down by its own weight, great pain and uneasiness will be excited. If any hardness remains after the inflammation has subsided, a little mercurial ointment may be rubbed on the testicles morning and evening. Emetics have now and then been found serviceable in removing an induration and swelling of the testicles, wherefore from three to five grains of turpeth mineral, or eight of ipecacuanha, with two of tartar emetic, may be given for a dose in cases of this nature.

**TREATMENT of a confirmed Pox.** It has been already observed, that there is no certain antidote for the venereal virus but mercury, wherefore it is evident, that in all cases of the venereal disease, we must sooner or later have recourse to it. There are, however, two ways of introducing it into the system; the first is by giving it internally, and the second, by rubbing unctiō composed thereof on some glandular part, so as to promote an absorption of its finer particles or globules.

In warm climates, the action of mercury is much quicker than in cold ones, and therefore to avoid producing a salivation (which will not be necessary in one case out of an hundred) we should always begin the cure with very small doses, gradually increasing them according to the effects thereby produced. If unctiō is made use of in preference to giving the medicine inwardly, and we do not mean to salivate the patient, we may direct him to rub in on the glands of the groins about a drachm of it every second or third night; but should this quantity produce a coppery taste in the mouth, or a soreness of the gums, he ought immediately to desist from proceeding in the further use of it, and should take a gentle purge or two, so as to carry off these effects entirely, and then he may again have recourse to it as before. If we intend bringing on a slight salivation, then double the quantity before mentioned must be rubbed in every night.

When mercury is used internally, without any intention of promoting a salivation, the patient may take a grain of calomel

calomel every other night, made up into a pill or bolus, with a little soft bread; or he may substitute a weak solution of corrosive sublimate in old rum or brandy, of which a table spoonful may be taken every night. Five grains of the former may be carefully dissolved in a glass mortar, with eight ounces of either (if the latter for the above purpose.

If either of the above preparations produce a severe degree of purging, a grain of opium, or twenty-five drops of laudanum, may be added to each dose; or if a soreness of the mouth and gums takes place, a gargle, composed of an infusion of red roses, with an addition of a small quantity of alum and honey, may be made use of three or four times a day.

Some people are so readily affected by mercury, that it will be impossible to give a sufficient quantity to effect a proper cure of the disease without producing a salivation. In this case, if the venereal symptoms are violent and severe, it may be allowed to go on; but if they are very mild, we ought then to desist for a little time from using the medicine, and resort to such others as are generally supposed to possess a power of counteracting its effects, in the class of which sulphur has been looked upon as the most efficacious. Where the patient's strength has been much exhausted, its use should likewise be omitted, until a sufficient recruit has again taken place.

If, in the course of the disease, any violent affection of the salivary glands should take place, the further use of mercury must here also be left off until it ceases, and recourse be had to gargles, purgatives, and the antiphlogistic means recommended under the head of Gonorrhœa. When an ulceration, unaccompanied with any inflammation, arises, the Peruvian bark may be given with advantage.

It will always be best to let venereal ulcers be disposed to heal up before any quantity of mercury is given. When phagedenic ulcers, terminating in large sloughs, take place, mercury ought not to be made use of at all, but Peruvian bark and the powder of sarsaparilla should be prescribed in large doses, and warm fomentations and poultices of the former, with an addition of hemlock, should be applied to the wound.

If a bubo arises, it ought, if possible, to be dispersed on its very first appearance, by rubbing it morning and night with a little mercurial ointment. If this is not found to answer, and it seems disposed to terminate in a suppuration, we should then assist it by the application of emollient fomentations and poultices. When the tumor has become of a proper softness, it may be opened either with a lancet or caustic; when the former is made use of, due

due care should be taken to remove a part or the whole of the loose skin, as sinuses and hard callous edges are apt to arise from a neglect in so doing; when the latter is substituted, great caution will be requisite to prevent it from spreading further than will be really necessary. When the bubo has been laid sufficiently open, a poultice of bread and milk must be applied for a day or two; after which the wound may be dressed with a little dry lint, and a pledget spread with yellow basilicum ointment be laid over all; as soon as it shews a disposition to heal up kindly, mercury must be given inwardly.

In chancres, besides making use of mercury inwardly, we must have recourse to external applications, to heal up the ulcers; and for this purpose, a lotion composed of four grains of corrosive sublimate dissolved in two ounces of water, with a small addition of sal ammoniac, may be used to bathe the parts with, after which they may be dressed with a little weak mercurial ointment spread upon fine lint.

Ulcers of the tonsils and palate are likewise to be removed by the use of mercury, fumigating the parts at the same time with cinnabar and myrrh: these are to be thrown on a hot iron, and the fumes arising from thence to be inhaled through an inverted funnel twice a day: a gargle, composed of tincture of myrrh, alum, and honey, may also be used frequently.

Venereal pains, blotches, and eruptions, will be carried off more readily if we give sudorific medicines at the same time with mercury. A quart of a decoction of equal parts of shavings of guaiacum wood, sassafras, and sarsaparilla, may be drank daily; the operation of which may be assisted by making use of the warm bath now and then, the patient taking care to wrap himself well up in warm clothing as soon as he comes out of it.

Nodes on the bones are generally to be removed by rubbing them with mercurial ointment, or by wearing a plaster of the same nature constantly over them; but in some inveterate cases, the application of caustic will be necessary, in order to lay bare the diseased part of the bone, and thereby occasion an exfoliation.

If excrescences arise, and are very numerous and high, they should be cut off, and rubbed with a little blue vitriol; but, if they are not very prominent and troublesome, the application of a little caustic to them will be sufficient, without having recourse to the knife. An inflammation of the eyes is sometimes an attendant symptom on a confirmed pox, and can never be removed by antiphlogistic means, unless assisted by the use of mercury.

When

When a patient is under a course of mercury, he should abstain from all salted and high-seasoned meats, and confine his diet to plain animal food, thin broths, milk, vegetables, &c. For his ordinary drink, he may make use of thin diluting liquors, and the sudorific decoction before recommended; he must observe great caution in guarding against all exposures to damp air and rain.

**MODE OF PREVENTION.** If, shortly after coition, the man should suspect that the woman was infected, he may, in most instances, prevent the disorder from being communicated to him, by washing the glands of the penis and prepuce with a little of either of the following lotions, and then afterwards injecting a little up the urethra by means of a syringe. If the woman apprehends that the man labours under the disease, she must bathe the exterior parts of generation with the lotion, and then inject a small quantity up the vagina. After using the lotion, a little lukewarm water must be employed, both as a bath and injection, in order to wash off the venereal matter which has been coagulated by the above means.

Dissolve half a drachm of sugar of lead, and ten grains of alum in three ounces of water; and let the phial be shook before the lotion is used: or,

Dissolve a scruple of corrosive sublimate, and ten grains of sal ammoniac, in four ounces of water, very carefully in a glass mortar.

### OF POISONS.

**SEVERAL** species of fish which are caught amongst the West India islands, have been found to possess a poisonous quality; but from whence they derive this baneful power, has not yet been satisfactorily ascertained. Some have attributed it to the copperas banks which are supposed to exist in those seas, and on which these fish lodge whilst at rest in the water; and others have concluded that they derive it from feeding on certain submarine plants, which although not hurtful to them, yet tinctures them with that poison so deadly to the human frame. The latter of these conclusions seems indeed the most probable, as by gutting a fish of this nature immediately on its being taken out of the water, and whilst alive, it may in general be afterwards eaten with safety.

In order to ascertain, whether or not a fish is of a poisonous nature, it is usual to give the entrails either to a dog or duck, and then to wait for an hour or two before it is made use of, in order to see if any bad effects are produced on the animal,

**SYMPTOMS.** Certain and almost instantaneous death, is  
L said

said to ensue from eating the yellow billed sprat, and some other species of fish which are caught amongst the Leeward Islands. From a use of most other kinds of poisonous fish, the person is seized with a gradual languor and heaviness, succeeded by restlessness, universal flushing heat, sickness at the stomach, pains in the bowels, and a severe vomiting and purging.

If a sufficient quantity has been taken to prove mortal, then the patient is carried off with strong convulsions; but if the quantity and nature of the poison have not been so powerful as to occasion death, then vast debility and languor will continue for many months afterwards; the hair will fall off gradually, the skin will become dry and peel off from the palms of the hands and soles of the feet, and a tingling sensation will be felt in these parts whenever they are immersed in water.

When a person has been poisoned by arsenic, sudden and excruciating pains will be felt in the stomach and bowels, which will terminate in a violent inflammation of the parts and convulsions. From a use of corrosive sublimate, much the same symptoms will also arise.

When poison has been occasioned by unguardedly eating the manchineel apple, (which is the produce of a tree that is to be met with on most sea-shores amongst the West India islands), blisters and ulcerations will appear about the lips and mouth, and these will be accompanied with violent pains and inflammations of the stomach and bowels.

The fresh cassava root produces much the same symptoms with other poisonous plants and herbs, such as hemlock, nightshade, &c. The person is at first seized with violent palpitations, giddiness, confusion of sight, wildness of the eyes, and a stupor, which are succeeded by a severe retching to vomit, violent pains in the bowels, and strong convulsions. The power that fire has over the root is truly astonishing and wonderful; for, although it acts as a deadly poison when eaten in its crude state, yet, by having its juice expressed, and being properly baked into cakes, it then becomes a wholesome and nutritive species of bread, much made use of in most of the islands in the West Indies.

**PROGNOSTIC.** From poisons of all kinds, more or less immediate danger is always to be apprehended, and, even in those instances where death has not ensued, the consequences are often severely felt during the whole future period of the person's life.

**TREATMENT.** In all cases of poison, it will be advisable to promote as speedy and quick an evacuation upwards as possible, by giving a strong emetic consisting of fifteen grains  
of

of white vitriol, with about ten of ipecacuanha ; the operation of this being over, a quantity of sweet oil should be swallowed ; after which large draughts of diluting liquors may be drank, in order to sheathe the stomach and bowels, and prevent their being acted upon by the particles of the poisonous matter. Emollient and oily clysters may likewise be thrown up the intestines, with the same view.

Alkaline salts have been found to obviate the fatal effects of mineral poisons, and therefore, in accidents of this nature, it will always be advisable to make use of them after having given an emetic ; as such, mix a tea spoonful either of salt of tartar, salt of wormwood, spirits of hartshorn, or volatile salts, with half a pint of water, and let one half be given to the patient immediately, and the other half in a short time afterwards. When the vomiting is frequent, or the pains in the stomach are severe, the dose may be repeated at least every two or three hours.

If it should so happen that none of the above salts can be procured, then a little wood ashes mixed up with boiling water, so as to make it of a sufficient degree of saltness, may be substituted with the same good effect, suffering the liquor to stand until it settles, after which it is to be filtered through linen for use.

It is a general received opinion, that spirituous liquors have a considerable power in counteracting the effects of poisonous fish, and I think not without some foundation ; as I have observed, that those who have been so unfortunate as to meet with an accident of this nature, and have not used the precaution of drinking a small quantity of rum or brandy after it (as is the usual custom in the West-Indies after eating fish of all kinds) have suffered considerably more than those who have adopted it.

A free use of an infusion of the sensitive plant in warm water, has been recommended as an antidote against the effects of poisonous fish ; but I know it to be totally void of any such power, having had an opportunity of experiencing its inefficacy in an accident of this nature, which befel me during my residence at Nevis, and which had very near proved fatal to several of my negro servants, as well as to myself.

#### OF CANINE MADNESS.

**CAUSES.** **HYDROPHOBIA**, or canine madness, always arises from the bite of a dog, or some other animal already affected with it. The smallest quantity of the saliva or spittle of any creature thus diseased will communicate the disorder, when applied to a wound, be it ever so small. A long continuance of very dry weather, and a want of fresh



water, are causes which sometimes produce this species of madness in the brute creation.

**SYMPTOMS.** Madness in a dog is usually preceded by a dull, heavy look, hanging of the ears and tail, stupor, furliness, and snapping at strangers; soon after which his breathing becomes quick and heavy, his tongue hangs out of his mouth, and changes to a leaden colour, he discharges a frothy spittle, runs about, bites at every thing that comes near him, and at last becomes perfectly furious.

In the human species, the infection often lays dormant in the body for a considerable time before the disease shews itself; but, in general, it will discover itself in the space of two or three weeks from the time of being bit. It comes on with a general uneasiness, heaviness, disturbed sleep, and sudden startings, which symptoms keep gradually increasing for some time, and then a shooting pain is felt in the wounded part, which appears to extend upwards to the throat, with a sense of straitness and choking. The person is, however, capable of swallowing any solid substance with tolerable ease, but the moment that water, or any other kind of liquid is brought in contact with the lips, it occasions him to start back with great dread and horror, although he labours under excessive thirst. An intense hot fever at length ensues, the tongue becomes dry and rough, and the voice hoarse, he foams at the mouth, bites, and spits, at all those that come near him, until, nature being at last exhausted, the pulse sinks, cold clammy sweats arise, and convulsions put an end to his existence.

**PROGNOSTIC.** When proper means are not used at a very early period of the disease, the event, in all probability, will be fatal.

**TREATMENT.** It has been asserted, that the infectious saliva or matter may readily be washed off from the wound, and the disease thereby be prevented from taking place, by pouring cold water from the spout of a tea kettle, or by pumping on the part for a considerable length of time, immediately after being bit; wherefore this precaution may be observed in all accidents of this nature, and may be the first step taken on the occasion. After this, by way of insuring success, the wound which has been made with the teeth of the animal, may either be cut out, or else be scarified very deep, and have cupping glasses applied to it.

When these steps have been taken, it will be advisable to wash the wound with vinegar, and afterwards to dress it with yellow basilicum, or some other digestive ointment, mixed up with a small quantity of red precipitate.

By way of prevention, some practitioners have recommended

mended the wound to be rubbed daily with a strong mercurial ointment for about the space of a fortnight, with a view of exciting a slight degree of salivation; and, after this, to take a few purges, and then to make use of sea-bathing for a considerable time.

Unless the person is of a plethoric habit of body, it will be unnecessary to bleed him, after being bit by a mad dog. As an internal medicine, a bolus consisting of four grains of camphor, eight of snake-root, and five of musk, with a small quantity of cordial confection to form them, may be taken three times a day; or a powder composed of equal parts of native and factitious cinnabar, fifteen grains of each, and ten of musk, may be substituted morning and night.

If the spasms are very violent, and a total want of rest ensues, two grains of opium may be added to each bolus, or a draught consisting of sixty drops of laudanum, with an ounce of water, may be taken after each powder.

During the whole course of the disease, a very spare regimen should be pursued, and a total abstinence from animal food, high-seasoned broths, and all kinds of vinous and spirituous liquors, be observed. During the furious stage of the disease, the greatest care must be taken that the patient neither does any injury to himself, or those who attend on him.

#### OF THE CHIGO, AND BITES OF VENOMOUS CREATURES.

THE chigo is an insect which proves very troublesome to those who have resided a long time in the West-Indies, as well as to new comers. It is a species of small flea that insinuates itself into the soft and tender parts of the fingers, toes, and soles of the feet, and there depositing its ova or eggs, forms a small bag or bladder; which increases in a few days to about the size of a common pea, and is attended with a considerable degree of tickling, itching, and heat in the part. This bag, after a short time, becomes of a green colour, at which period it ought, if possible, to be extracted perfectly whole, and the hollow cavity which is left, be filled up with snuff or tobacco. By breaking the bag, troublesome ulcers are sometimes formed.

Negroes often have their feet entirely beset with chigoes, from neglecting to extract them in proper time. Washing the parts from whence they are taken with a weak solution of blue vitriol, or with a strong infusion of tobacco, will effectually eradicate them.

The stings of centipedes, scorpions, and spiders, may be eased by bathing the wounded part with laudanum, or

spirits of hartshorn, or by anointing it with a little sweet oil and rum mixed together. See the Introduction for the Treatment of Musquitto Bites.

### OF WORMS.

**THOSE** which infect the human body are of three kinds, viz. the round worm, which resembles the common earth worm; the tape-worm, which is flat, consists of a number of different joints, and is often met with of the length of several yards; and lastly, the ascarides, which is a small white worm, with a sharp pointed head.

**CAUSES.** Unwholesome food, weak digestion, and bad nursing, seem to be the causes which are most productive of worms. Children are more afflicted with them than grown people; but they sometimes prevail in adults to a high degree, and occasion a very great emaciation of the whole body. The reason why negroes are more afflicted with worms than whites, is owing to their diet being composed chiefly of vegetables.

**SYMPTOMS.** The most common of which are frequent itchings about the nose and fundament, a fetid breath, paleness of the lips and cheeks, whiteness of the tongue, grinding of the teeth, uncertainty of appetite (the person eating sometimes voraciously, and at other times having no appetite at all) sudden faintings, acid eructations, greenish and slimy stools, flushing heats, projection and inflation of the belly, spasms in the stomach and bowels, picking of the nose, epileptic fits, and convulsions.

**PROGNOSTIC.** It sometimes is very difficult to expel them from the body, but more especially the tape worm.

**TREATMENT.** The best medicines for the destruction of worms are stomachic bitters, chalybeates, oily purges, powder of tin, and preparations of mercury. As a vermifuge, one grain of calomel, with five of the powder of tin, and eight of Ethiop's mineral, may be given for three or four nights successively, and then a purge of castor oil the ensuing morning; and this course must be pursued for a considerable time. The above quantity will be a sufficient dose for a child of about four or five years old, and must be increased or diminished according to the age of the patient. Infusions of wormwood, tansy, gentian-root, orange peel, and camomile flowers, may be used at the same time with the vermifuge powder.

In children, very happy effects have been derived from applying to the navel a plaster spread with aloes, or the fresh juice of the *semper vivum*, with a small addition of garlic.

When these means fail in procuring the desired intention,

we may then make trial of the Indian pink root, the powder of which may be given to the quantity of fifteen grains, for a dose to a child of three or four years of age, for three successive nights, and then a purge of castor oil the ensuing morning; or, instead of the Indian pink, we may substitute cow-itch mixed up in a little thick sirup, in the proportion of one part of the former with three of the latter, to the quantity of a tea spoonful morning and night: after four doses, ten grains of jalap, with two of calomel, may be given as a purge.

For the destruction of the tape-worm, which is found to be the most difficult species to expel from the body, the powder of the male fern has been given with great success. The dose for an adult is two drachms: after two doses, a mercurial purge of calomel and jalap must be taken, in the proportion of five grains of the former, to twenty five of the latter.

Sulphureous waters are generally supposed to possess a power that is destructive to worms. therefore those who reside in those islands where these waters are to be procured (as they may be in Jamaica or Nevis) should make trial of their efficacy by drinking them at the spring.

After a course of vermifuge medicines has been gone through, such others as have a tendency to strengthen the stomach and bowels, should then be made use of. Chalybeates, bitters, and the Peruvian bark, as mentioned under the heads of Loss of Appetite, and the Hypochondriacal Disease, will therefore be proper.

Those who are afflicted with worms, ought to abstain from all crude vegetables and unripe fruits, making their diet consist wholly of solid food, that is nutritive and easy of digestion.

### OF A PAIN IN THE STOMACH.

**CAUSES.** THIS complaint usually proceeds either from flatulency, indigestion, worms, the suppression of some long accustomed discharge, translations of gouty matter from other parts of the body to the stomach, spasms, or sharp acrid matters. It is often an attendant on hypochondriacal and hysterical affections.

**TREATMENT.** If the pain is occasioned by any kind of food that has proved hard of digestion or flatulent, the most proper remedy will be a glass of some aromatic cordial, such as brandy or geneva, with a little ginger, or some other kind of warm spice infused in it. If it is owing to a spasmodic affection of the stomach, a draught consisting of two ounces of peppermint water, with thirty drops of laudanum, and twenty of the tincture of castor, may then

then be substituted, and this may be repeated according to the violence of the pain.

When the attacks are frequent, and arise from flatulency and indigestion, chalybeates, Peruvian bark, with the elixir of vitriol, and carminative stomachic bitters (as recommended under the head of Heartburn) must be prescribed. A tea cupful of camomile tea, infused over night, may also be drank every morning on an empty stomach.

If the pain is occasioned by a translation of gouty matter to the stomach, warm aromatic cordials, spiced wines, and the other means recommended under the head of Gout, ought to be administered. When a suppression of some long accustomed evacuation or discharge has proved the occasional cause, the body must be kept constantly open; and if the patient is of a plethoric habit, it may be necessary to take away a small quantity of blood.

Women are very apt to be affected with this complaint on a total cessation of their menses; when the disease arises from this cause, it will be necessary to make issues. When the introduction of poisonous substances into the stomach has given rise to the complaint, they ought to be evacuated as quickly as possible by the means recommended under the head of poisons. If owing to acidities, small doses of magnesia should be taken two or three times a day.

#### OF THE HEARTBURN..

**CAUSES.** THIS, like the former complaint, often arises from an use of improper food, and such things as turn acid in the stomach. It is a symptom which very frequently attends on pregnancy.

**SYMPTOMS.** It is accompanied with a painful sensation of heat and soreness at the pit of the stomach, as also frequently with nausea, vomitings, acid eructations, and spasms.

**TREATMENT.** If the heartburn proceeds from an acidity in the stomach, it may easily be obviated by taking a drachm of magnesia every morning and evening. If it arises from a foulness thereof, an emetic will be necessary, after which some stomachic purgative may be prescribed, such as the sacred tincture, whereof an ounce will be a sufficient dose.

When it is occasioned by flatulency and indigestion, medicines that possess the effect of increasing the digestive powers must be had recourse to, such as chalybeates, the Peruvian bark, elixir of vitriol, and stomachic bitters, composed of gentian root, cardamon seeds, wormwood, and orange peel, infused in wine. If costiveness prevails, a table  
spoonful



spoonful of the spirituous tincture of rhubarb, may be taken to remove it. Those who are subject to frequent attacks of the heartburn, must use only such things for diet as are nutritive and easy of digestion, carefully avoiding all kinds of crude vegetables, unripe fruits, and fermented liquors.

### OF DIRT EATERS.

**THE** unnatural appetite for eating dirt is a disease often to be met with amongst negroes, but more especially those that are imported from the coast of Africa. It is the opinion of many, that negroes who addict themselves to this practice, do it more with an intention of its acting as a slow poison on them, than from any real disease or depravity of the stomach: but this conclusion, I think, was ill founded, as we frequently meet with instances of very young children eating dirt, who cannot possibly be supposed to be actuated by any such motives.

**CAUSES.** We may with great probability presume that the disease depends on a vitiated state of the stomach, arising from indigestion, or some prevailing acidity. As it is observed to afflict only those who are of weak lax fibres, it is more than probable, that general relaxation may give rise to such complaints as induce this depravity of appetite.

**SYMPTOMS** Those who eat dirt are generally affected with difficulty and shortness of breathing, palpitations at the heart, loss of digestion, general weakness, drowsiness, paleness of the face and palms of the hands, whiteness of the tongue, bloating of the face, anasarcaous swellings of the eye lids, ancles, and feet, and a pendulous belly.

**PROGNOSTIC.** The consequences of eating dirt are usually fatal, as those who do it generally die dropical.

**TREATMENT.** The first point to be attended to is to put it out of the person's power to get at dirt of any kind, by keeping him in a floored room, where he cannot possibly come at any; and whenever he goes abroad for exercise, he should be put under the care of some other negro who will not permit him to eat it.

If acidities are suspected to prevail in the stomach, a gentle emetic ought to be prescribed, and then a dose of rhubarb, after which small doses of magnesia may be given three or four times a day.

The stomach is to be strengthened by a daily use of stomachic bitters, chalybeates, and the Peruvian bark, as mentioned under the heads of Loss of Appetite, Hypochondriacal Complaints, and Dropsy.

When the disease takes place in young women that are obstructed,



obstructed, the remedies recommended under the head of Obstructed Menfes, must be made use of.

For the treatment of anasarcaous swellings, see Dropsy.

Those who are afflicted with the disorder should never be permitted to eat any kind of food that is apt to prove flatulent, or turn acid on the stomach; and they should by no means be kept under close confinement, as a want of proper exercise will increase the general debility, and thereby add to the disease.

#### OF A WEAK DIGESTION AND LOSS OF APPETITE.

**CAUSES.** A RELAXED state of the stomach, deficiency of gastric juice, profuse evacuations sedentary employments, hard drinking, close study, grief, uneasiness of mind, sourness of the stomach, and a constant use of warm liquids, will give rise to these complaints: they are also frequently symptomatic of other diseases.

**SYMPTOMS.** Besides a loss of appetite, the patient is also troubled with nausea, acid eructations, flatulency in the stomach and bowels, and a sense of chilliness.

**PROGNOSTIC.** When either of these complaints have been of such long standing as to have induced great debility and weakness, dropical swellings, or an atrophy are apt to ensue.

**TREATMENT.** If a loss of appetite is occasioned by a sourness of the stomach, a gentle emetic of ipecacuanha should be prescribed, or if any acidity prevails, half a drachm of magnesia should be taken morning and evening. If the patient is of a costive habit of body, stomachic laxatives may be used: as such, the spirituous tincture of rhubarb will be the most proper, and about an ounce of it will be a sufficient dose.

When these diseases have arose from a weak relaxed state of the stomach, a course of the tincture of the Peruvian bark, with elixir of vitriol, chalybeates, and stomachic bitters (composed of gentian root, cardamon seeds, wormwood, and orange peel, infused in wine), must be entered upon; and these be continued for a considerable time. Two drachms of chalybeate wine, or half an ounce of the tincture of bark, with about twenty drops of the elixir of vitriol, will be sufficient for a dose, and may be repeated two or three times a day. Drinking a tea cupful of camomile tea on an empty stomach in the morning will, in many cases, be attended with happy effects in restoring the appetite, and strengthening the digestive powers.

If hard drinking has been the occasional cause of these complaints, a more temperate use of vinous and spirituous liquors must be observed in future; and, besides having  
recourse

recourse to the medicines before directed, the patient may drink sulphureous waters, if he happens to reside in an island which furnishes them; Jamaica and Nevis are remarkable for springs of this nature.

#### OF THE NIGHT-MARE.

**CAUSES,** THE most general of which are flatulency, an use of hard indigestible substances for common food, eating meat suppers, intense study, anxiety, and grief. Those who lead sedentary lives, and are of weak lax fibres, as likewise those who are of a plethoric habit, are very liable to frequent attacks of this complaint.

**SYMPTOMS.** It comes on during sleep with frightful dreams, and a sense of considerable weight and oppression at the breast: the person makes many efforts to speak and move, but all without effect, until, after groaning and struggling for some time, he at last awakes very much frightened, and feels an unusual fluttering and palpitation at the heart.

**PREVENTION.** Those who are subject to frequent attacks of the night mare, must carefully abstain from suppers of all kinds, and from the use of such food as is apt to become flatulent; they ought to keep their minds as much undisturbed by grief, anxiety, and passion, as possible, and should take regular and daily exercise. Those who are of a plethoric habit of body, must use a very spare diet, and carefully obviate any costiveness that may arise, by a regular use of some gentle laxative, such as lenitive electuary.

If the disorder arises from indigestion, or any weakness of the stomach prevails, a course of stomachic bitters, chalybeates, and the tincture of the Peruvian bark, with elixir of vitriol, (as recommended in the preceding disease), must be pursued.

#### OF THE HEAD ACHE.

**SOMETIMES** a head ache is general over the whole of the head, at other times it is confined to a particular side, and now and then instances occur where the pain occupies a part so small that it may be covered with the edge of the finger.

**CAUSES.** Those which give rise to head-aches are generally indigestion, foulness of the stomach, the hindrance of a free circulation of blood through the head, long exposures to the powerful influence of the sun, translations of gouty, rheumatic, and venereal matter from other parts of the body, the stoppage of some long accustomed evacuation, and, lastly, too great a determination of blood  
to

to the head. Head aches are frequently symptomatic of other diseases, such as most kind of fevers, and nervous, hypochondriacal, and hysterical affections.

**SYMPTOMS.** These vary according to the cause which has given rise to the complaint.

**PROGNOSTIC.** If the head-ache is symptomatic of some other disease, it will always cease on a removal thereof. When the pain comes on suddenly, is acute, and attended with a noise in the ears, giddiness of the head, and a loss of speech, it threatens an attack of the apoplexy or palsy: when it arises in hypochondriacal or hysterical persons, is very severe, acute, and accompanied with a throbbing of the temporal arteries, it is apt to terminate in madness; if it proceeds from some fixed nervous affection, it will be difficult to prevent very frequent returns of it.

**TREATMENT.** If a head ache takes place in consequence of a foulness of the stomach, a gentle emetic should be prescribed, and if any costiveness prevails, some gentle purgative must be given the next day; if it proceeds from an overfulness of the vessels, then a small quantity of blood may be drawn from the neck by the opening the jugular vein; and cooling antiphlogistic medicines, such as small doses of nitre, may afterwards be ordered; the patient, confining himself to a spare regimen at the same time.—Those who are of a gross plethoric habit of body, and who are very much troubled with frequent attacks of the head-ache, will find benefit from issues, or a seton.

When this complaint arises from a translocation of gouty or rheumatic matter from other parts of the body to the head, it will be proper to have the patient's feet put into warm water, after which blisters may be applied to the back and legs. The body should likewise be opened with some stomachic purgative, such as the sacred tincture. The following diaphoretic bolus may also be ordered every four hours: Mix eight grains of the salts of hartshorn, ten of snake root, and three of ipecacuanha, with a little conserve of roses.

If the remains of some old venereal taint is the cause of a prevailing head-ache, mercury must be made use of: a decoction of the woods, as recommended under the head of the Venereal Disease, will likewise be proper.

In habitual head-aches, and such as arise in consequence of nervous complaints, the most proper medicines are stomachic bitters, valerian, castor, asafoetida, and æther, as directed in the Treatment of Hypochondriacal and Hysterical Diseases. When the head ache depends on a stagnation of vitiated serum in the vessels and membranes of the head, perpetual blisters, issues, and mercurial purges will then be

be necessary. In head aches which are attended with great pain, want of sleep, or delirium, we may venture to give opiates, provided some proper evacuation has been premised.

Those who are subject to frequent attacks of the head ache, should carefully avoid all agitations of the mind, as likewise all exposures to the sun in the heat of the day; they should also keep their feet perfectly dry and warm, and regularly remove any costiveness that may arise, by an use of some gentle laxative.

#### OF DEAFNESS.

**CAUSES.** A Deafness may be occasioned by injuries done to the external ear by wounds, and to the internal ear, by inflammation, ulcers, and loud and sudden noises, such as those produced from firing cannon; it may also arise from hardened wax, too great a dryness in the ears, and severe colds which have principally affected the head.

**PROGNOSTIC.** A plentiful secretion of wax in the ears is usually regarded as a favourable symptom. Those that are born deaf can seldom, if ever, be cured.

**TREATMENT.** When a deafness proceeds from a lodgement of indurated wax in the ears, they ought to be syringed twice a day with warm milk and water, after which a little sweet oil may be dropped into them, and then they may be filled with a little cotton or wool. When the complaint arises from too great a dryness in the ears, the same mode of treatment may be pursued. If a deafness has been occasioned by a severe cold in the head, the application of blisters behind the ears will be necessary; a few cooling purges should likewise be prescribed. Putting the feet in warm water at the time of going to bed, and drinking plentifully of diluting liquors, will also be attended with good effects. If any degree of febrile heat attends, small doses of diaphoretics, as recommended under the head of the general Treatment of Fevers, may be made use of.

When insects get into the ears, they may be destroyed by dropping warm oil into them.

#### OF NIGHT BLINDNESS.

**THIS** is a disease which is peculiar to the inhabitants of warm climates, being rarely if ever met with amongst those of cold ones. It is of such a nature, that although the sight is perfectly clear and distinct in the day time, yet a total blindness takes place by night, from which occurrence the disorder takes its name.

**CAUSES.** It is supposed to proceed from some internal  
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cause or affiction of the optic nerves and retina of the eyes, which become so relaxed from the strong reflected rays of the sun by day, that at last no effect is produced on them by the faint or weak light which the night furnishes.

**SYMPTOMS.** The disease comes on towards evening with a dimness of sight, which increases gradually as the night approaches; and the darker it gets, so much the more indistinct does the vision become: it is generally unattended with any other symptom, except that, perhaps, an extraordinary sense of fulness is now and then perceived in the head.

**PROGNOSTIC.** It usually admits of an easy removal.

**TREATMENT.** Those authors who have taken notice of the disease in their publications, recommend evacuation, both by bleeding and purging; but, as it is supposed to proceed from a relaxed state of the optic nerves and retina, these remedies must surely add to the complaint. I should think that such others as have a known tendency to strengthen the tone of these parts, ought to be employed.

As an internal remedy, the Peruvian bark may be taken, joined with the powder of valerian, in the quantity of a scruple of each, three or four times a day; and as an external one, the eyes may be bathed twice a day with a lotion composed of three grains of white vitriol dissolved in three ounces of rose water. The patient is at the same time to wear a green silk blind over the eyes, and to avoid as much as possible all exposures to the sun in the heat of the day.

### OF GENERAL RELAXATION.

**THERE** are few European constitutions that are capable of enduring a very long residence in a warm climate, without suffering, sooner or later, from a degree of general relaxation ensuing. As the same speedy restoration of strength does not there take place as in cold climates, those who have been so unfortunate as to have had various attacks of sickness, or have enjoyed but indifferent health, often suffer much from this complaint.

**CAUSES.** Whatever tends to occasion a deficiency of vital heat, and laxity of the muscular fibres, will evidently produce a general debility and weakness of the whole frame. The great discharge by perspiration, and the constant exhaustion of animal spirits, which take place in warm climates, have an evident tendency this way. Bad habits, intemperance, sensuality, inactivity, and an immoderate use of spirituous liquors, are the occasional causes of general relaxation.

**SYMPTOMS.**

**SYMPTOMS.** It comes on with a gradual diminution and loss of muscular strength, attended with languor, unwillingness to move about, loss of appetite, acidities in the stomach, flatulency, costiveness, flabbiness of the flesh, lowness of spirits, paleness of the countenance, habitual chilliness, and disturbed sleep. If the weakness prevails in a high degree, then, perhaps, a copious discharge of limpid urine takes place, profuse sweats arise, and at last dropical swellings ensue.

**PROGNOSTIC.** When the disease has been of long standing, it will not admit of an easy removal, even if the most proper mode of treatment is pursued. If a change of climate is not embraced before too confirmed a relaxation has taken place, all means whatever will then prove fruitless.

**TREATMENT.** As an early removal to a cold climate seems to be the sheet anchor on which we ground all our hopes for the perfect removal of the complaint, we cannot use too much persuasion in recommending the patient to adopt this step before his disorder arrives at too great a height. If his circumstances will not admit of such an expence, he ought then to remove to the coolest situation which can be procured in the island; or, in preference to remaining on shore, he may (for the benefit of the sea air, which is so much cooler than that on shore) stay on board of a vessel laying an anchor, and, as often as opportunities offer of making short voyages, or even trips from one island to another, he should embrace them, as wonderful recoveries have been effected by the sea air.

The diet ought to consist only of such things as are light, nutritive, and easy of digestion: All kinds of spirituous liquors should be avoided; but a moderate use of wine may be allowed; too long an indulgence in bed should not be given way to, as it greatly tends to relax the solids; wherefore early rising should be practised, and the cold bath be made use of; after which, some gentle exercise on horseback as the strength will admit of, may be taken.

When the patient has not the conveniency of a cold bath near at hand, as a substitute, he may have cold water, which has been exposed to the night air, thrown suddenly upon him. His mind as well as body should be kept employed and amused; for which reason he ought to associate with cheerful company, and preserve on all occasions the greatest calmness and composure of temper.

If, at any time, the stomach should be troubled with acidities, and acid eructations should arise, eight or ten grains of ipecacuanha may be taken to carry them off; and



in order to prevent their further accumulation, half a drachm of magnesia may be prescribed twice a day.

When any costiveness prevails, some gentle laxative, as lenitive electuary, may be taken to obviate it : if a purging arises at any time, we may order a dose of toasted rhubarb to be taken in the morning, and an opiate at night ; but should these fail in putting a stop to it, the astringents mentioned under the heads of *Diarrhœa* and *Dysentery* must be made use of.

To strengthen the system, a regular course of chalybeates, bitters, and the Peruvian bark, must be entered upon ; to which may be added, the daily use of a flesh brush. See *Dropsy*, for chalybeates, and other bracing medicines.

### OF THE DIABETES.

**IN** a diabetes, there is a frequent and preter natural discharge of limpid urine, attended with constant thirst and a great dryness in the skin.

**CAUSES.** It is brought on by too free an indulgence in the use of spirituous liquors, by severe evacuations, excess in venery, and by strong stimulating diuretic medicines ; or it may arise from an impoverished state of the blood. Those who are in the decline of life, and such as are of a debilitated constitution, are most subject to its attack. It is sometimes an attendant symptom on hysterical and hypochondriacal complaints.

**SYMPTOMS.** It comes on with a loss of appetite, dryness of the mouth, thirst, spitting of thick viscid saliva, and a free and copious discharge of limpid urine of a sweetish taste. To these succeed a general wasting of the body, dryness of the skin, slight feverish heat, a sense of weight in the kidneys, and sometimes a swelling of the loins, testicles, and feet.

**PROGNOSTIC.** When the disease has been of long standing, or has arose in habits that have been debilitated from various excesses, it will be a difficult matter to effect a cure ; but if recent, and the constitution not impaired by debaucheries, it may be easily removed.

**TREATMENT.** The patient must be cautioned to avoid every thing that is irritating and heating, and to use only such things for his diet as are light and nutritive, as preparations of sago, rice, barley, milk, gelatinous broths, and plain animal food. For ordinary drink, he may take the Bristol hot-well water, which we have been taught to believe is a specific remedy for this disease ; when it cannot be procured, common lime water must be substituted to each dose of which, a small quantity of gum arabic dissolved in

In a dropsy of the head, when the water has collected slowly, there is a want of digestion, sickness at the stomach, stupor, and a sense great weight of in the head. Little bags or cysts containing water, are sometimes formed in the cavity of the belly, which are named hydatids.

**PROGNOSTIC.** If a dropsy has been of long standing, and is accompanied with great debility, scirrholities, and obstructions in the liver and other viscera, it will, in all probability, prove fatal. When no obstruction has yet taken place, and the perspiration becomes free and increased, or the discharge of urine grows plentiful, we may entertain some hopes of being able to remove it.

**TREATMENT.** The first thing to be attended to in the treatment of the disorder, is the discovery of the cause which has given rise to it, as by obviating this, we may sometimes be able to effect a cure. If it depends, for example, on general debility, or a relaxation of the solids, then by strengthening the system, we may be able to remove the disease; for which reason, we should always investigate the cause, and endeavour to find out whether it is entirely an original disorder, or only symptomatic of some other.

Emetics are usually recommended and given in dropical cases, on a supposition that they promote absorption, and that by increasing the perspiration, they thereby act as evacuant; but as they will be found to weaken the patient, without procuring any mitigation of the disorder, they must not be made use of. Drastring purges of jalap, gamboge, and calomel, are likewise generally given in dropical cases, with a view of carrying off the water by stool: but when the disease has arose from general debility and relaxation, this mode of treatment will be highly injurious. In anasarcaous complaints, which have arose suddenly, and where the strength of the patient has not been much reduced; or in partial dropsies, such as those of the head, chest, &c. where the general habit has not suffered much, these drastring purgatives may be given with advantage. The following may be prescribed for an adult twice a week, and in a like proportion for those of a younger age: Mix sixteen grains of the powder of jalap, ten of gamboge, and three of calomel, in a table spoonful of thin sirup.

In anasarcaous cases, it frequently happens that the parts become so distended by the water which is diffused throughout the cellular membrane, as to occasion great tension and uneasiness. When these arise, very slight scarifications may be made just through the skin, in whatever part is most dependent, in order that a portion of it may be discharged through.

through the wounds; deep incisions ought never to be practised, lest a mortification should ensue. Whenever scarifications are made, it will be proper to bathe them frequently with a warm infusion of emollient herbs, to which a small quantity of camphorated spirits of wine has been added.

In the ascites, when it is found necessary to give purgatives, half a drachm of cream of tartar, and fifteen grains of jalap, may be taken for the purpose.

The evacuation which will be attended with the greatest safety and advantage, is that from the urinary passages; wherefore diuretic medicines will be proper in both species of the dropsy; and even if they should not produce a quick and apparent effect, they ought nevertheless to be continued throughout the whole of the disease; they may be prescribed in any of the subsequent forms: Fifteen grains, or a scruple of diuretic salt may be taken four times a day in a wine glass full of an infusion of wormwood, mustard seed, juniper berries, horseradish, and orange peel, in the proportion of about half an ounce of each to a quart of white wine: or four grains of the powder of dry squills, or ten of cream of tartar and five of nitre, may be mixed in a little of the above infusion, or in a cupful of tea, drawn either from horseradish or ginger.

We may give diuretics in the form of a draught, if more agreeable to the patient. Mix half a drachm of the oxymel of squills with an ounce of mint water, then add ten or twelve drops of the oil of juniper, and direct this to be taken three or four times a day, drinking a glassful of the former or following infusion some little time afterwards: Take of wormwood, gentian root, cardamon seeds, juniper berries, and orange peel, each half an ounce, steep them in a quart of white wine for a few days, and then strain off the liquor for use. Should stronger diuretics be required, we may then direct ten drops of the tincture of cantharides, three of oil of turpentine, and half a drachm of oxymel of squills, to be taken twice or thrice a day, mixed with about half an ounce of compound horseradish water. If the squills, in any of the above prescriptions, should occasion a nausea or sickness at the stomach, the quantity must be lessened in each dose.

Taking a table spoonful of the bruised mustard seed every night and morning, has been attended with happy effects in some few instances.

In the ascites, when the water becomes burdensome and insupportable from the great quantity which is contained in the cavity of the belly, the patient should submit to be tapped. In drawing off the water, great care should be  
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in milk may be added, to take off its nauseous and harsh taste. Gentle exercise on horseback, and frequent friction, by means of a coarse flannel cloth or flesh brush, will likewise be proper. A strengthening plaster may also be applied over the region of the kidneys, and the patient recommended to wear a flannel waistcoat next to the skin.

Astringent medicines may likewise be prescribed. For this purpose, two drachms of alum and an ounce of gum arabic are to be dissolved in a pint of warm milk, and the whey procured therefrom to be drank in the course of the day. If, after a fair trial, this remedy should be found ineffectual, about two grains of white vitriol may be added to it, taking care to rub it in a glass mortar until it is perfectly dissolved. Should it occasion any nausea, the dose may be diminished, or its use entirely omitted. When we give the last mentioned medicine, a dose of castor oil should now and then be taken, in order to obviate that costiveness which it is apt to produce.

Such medicines as tend to strengthen the system in general, ought likewise to be made use of; chalybeates, port wine, bitters, and the Peruvian bark, will therefore be highly proper, the latter of which may be taken either in substance or decoction, with an addition of a few drops of the elixir of vitriol to each dose. Should any purging be occasioned by it, a few drops of laudanum may be added. If the disease is symptomatic of hysterical or hypochondriacal affections, then the proper remedies for the removal of these complaints must be employed also.

For bracing medicines and chalybeates, see Dropsy and general Relaxation.

#### OF THE DROPSY.

THE dropsy is generally divided into anasarca and ascites: in the former, the water occupies the cellular membrane throughout the whole body; but in the latter, is chiefly confined to the cavity of the belly or abdomen. There are also the hydrocephalus, or dropsy of the brain; the hydrops pectoris, or dropsy of the chest; the hydrocele, or dropsy of the vaginal coat of the testicle; and the dropsy of the womb and ovaria; the last of which parts are appendages to the former.

CAUSES. Dropsy is frequently met with, not as the original disease, but as the attendant on some other, as jaundice, scirrhus liver, long continued agues, fluxes, and general relaxations. It is often produced by severe evacuations, frequent salivations, and an immoderate and long continued use of spirituous liquors; the last of which  
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evidently act as a slow poison, by destroying the digestive powers, it may also arise from general debility, and from topical weakness, or from a continued pressure on the veins and lymphatics; it is likewise sometimes occasioned by the sudden striking in of eruptive humours, and by a suppression of the menses, piles, and other accustomed evacuations, or by a sudden check being given to the perspiration. Negroes that eat dirt, are frequently affected with dropical swellings.

**SYMPTOMS.** In the anasarca, the water is diffused throughout the cellular membrane of the whole body, the parts appear swelled and puffed up, and when pressed upon with the finger, a deep indentation of a very pale colour is left behind. In the morning, the eye lids, and every other part of the face appear full and bloated but towards night, the swelling occupies the legs, ancles, and feet. The distention from the extravasated fluid is often so great, that the parts become highly inflamed, and then burst; upon which a mortification is apt to ensue.

The ascites, (in which the water occupies the cavity of the belly); comes on with a loss of appetite, dryness of the skin, burning heat in the palms of the hands, sluggishness, inactivity, difficulty of breathing, and oppression at the breast, dry cough, costiveness; and a diminution of the natural discharge of urine.

To these symptoms succeed great thirst, a small degree of fever, a yellow tinge of the skin, emaciation of the face, and a gradual distention of the belly, which being struck with the finger, and the other hand applied at the same time on the opposite side, conveys the sense of an evident fluctuation. Towards evening, the legs, ancles, and feet, swell very much; but in the morning, as long as the patient is in a recumbent posture, the upper part of the body is more affected than the extremities.

When the disease has been of long standing, the water is apt to become acrid, and to occasion severe purgings and hemorrhages. A partial dropsy now and then arises in the womb, and other internal parts of female generation, which event may be known by the swelling being confined to that particular place, and the fluctuation being somewhat obscure, as also by the effects thereby produced on the general system being very inconsiderable, in comparison to what an ascites occasions.

In a dropsy of the chest, there is a great difficulty of breathing, an impossibility of laying on the opposite side to the one affected, an evident fluctuation when the patient is shook, a dry cough, great increase of heat towards evening, and many other hectic symptoms.

taken to make a proper pressure on the belly, by swathing it with a long flannel bandage, which, from its elasticity, is far preferable to linen. Although the operation seldom acts as a radical cure, or prevents a fresh accumulation of water, yet it affords a timely ease, and by no means tends to hasten the approach of the patient's dissolution, as some have imagined.

Both in anasarca and ascites, after drawing off the water, by scarifications in the former, and by tapping in the latter, we ought to administer medicines that have a tendency to strengthen the whole system, such as the Peruvian bark, chalybeates, and bitters. The action of these may be assisted by gentle exercise and friction, either with a coarse cloth or flesh brush. The use of these remedies, at an early stage of the disease, may be proper, even given with diuretics.

As a bracer, any of the following prescriptions may be made a trial of: A table spoonful of chalybeate wine may be taken three or four times a day; or a wine glassful of the tincture of bark, with thirty drops of the elixir of vitriol, may be substituted instead of the former; or two drachms of the salt of steel, and three of the extract of Peruvian bark, with an addition of one or two drops of the oil of cinnamon, may be formed into five grain pills, and three be taken morning, noon, and night. If an electuary is preferred to any other form, an ounce of Peruvian bark, with half the same quantity of prepared rust of steel, may be mixed up with a sufficient quantity of sirop of ginger, and the bulk of a nutmeg be taken four times a day.

Blisters have been applied in some cases of anasarca with advantage; they are, however, apt to terminate in a mortification.

In a dropsy of the head, issues, blisters, and mercurial purgatives, are the proper remedies to be made use of.

In a dropsy of the chest, as also in a hydrocele, relief is only to be expected from surgery.

In a dropsy of the womb and ovaria, the remedies which have been recommended in the treatment of an ascites will be proper, with this difference, that drastic purges may be given in the former, whereas they are improper in the latter.

Throughout the whole course of a dropsy, the patient should abstain as much as possible from all liquids. When his thirst requires something to be drank, he may take a saline draught composed of three ounces of lemon beverage, with the addition of a few grains of salt of wormwood, to neutralize the acid. His diet ought to consist of what is nutritive and easy of digestion, as tender animal food,



food, panada, biscuits, and preparations of sago, barley, and rice, avoiding every thing that is salt, or that will create a thirst.

#### OF HYSTERICAL AND HYPOCHONDRIACAL DISEASES.

THE general effects and symptoms of these two disorders being very similar, they may be treated of under one head with great propriety. Truly miserable and unhappy are all those who labour under complaints of this nature; for one symptom is no sooner removed than a fresh one arises, and the patient conceives, at different periods of time, that he labours under almost every disease whatever. The mind being under constant agitation and uneasiness, great dejection of spirits, sickleness of temper, timidity, and a relaxation of the muscular fibres throughout the whole body usually attend.

CAUSES. These disorders are produced by severe evacuations, and by an immoderate use of spirituous liquors, too free an indulgence in venery, a long continued investigation of some abstruse subject, the remembrance of some material disappointment or loss which has been sustained, intense study, giving way to indolence, inactivity, and a sedentary life, and by an improper use of crude, flatulent, and unwholesome food.

In warm climates, they sometime arise in consequence of general relaxation; and in women very often from a suppression of the menstrual discharge. Those of weak lax fibres are generally predisposed to complaints of this nature.

SYMPTOMS. An hysterical fit is usually preceded by a dejection of spirits, dimness of sight, anxiety of mind, effusion of tears, difficulty of breathing, inflation of the stomach and belly, with a sense of suffocation, occasioned seemingly by the rising of a ball in the throat: the extremities then grow cold, various, wild, and irregular actions take place, (such as violent fits of laughter, sudden screaming and crying out) wild and incoherent expressions are uttered, the hands become closed, and strongly clinched together, the head and extremities are violently agitated, and a frothy spittle is discharged from the mouth. The spasms at length abating, a quantity of wind is evacuated upwards, and the woman recovers her senses, feeling, however, a general soreness over the whole body: sometimes there is little or no convulsive motion at all, but the person lays seemingly in a state of profound sleep without either sense or motion.

The hypochondriacal disease is attended with inactivity, despondency, lowness, and dejection of spirits, sickleness  
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of disposition, taciturnity, irritability and peevishness of temper, flatulency of the stomach and bowels, and eructations, coliciveness, spasmodic pains in the head, and other parts of the body, palpitations of the heart, giddiness, dimness of sight, difficulty of breathing, pale crude urine, and anxiety. In short, it is attended with so many different symptoms, and with so high a degree of fancifulness, that the miserable patient imagines that he labours under many disorders from which he is really perfectly free, and is always much displeased, if, instead of sympathizing with him, an attempt is made to convince him of the error and absurdity of his belief.

**PROGNOSTIC.** It rarely happens that these diseases prove immediately fatal; but they are at all times very difficult to remove entirely, and have been known to terminate in madness.

**TREATMENT.** If they have arose from an affection of the mind, our first endeavour should be to divert the attention from whatever object has been the occasion thereof. For this purpose, the patient ought to be directed to vary the scene and place of his abode very frequently, and to associate as much as possible with agreeable and cheerful company; he ought likewise to rise early every morning, and to take proper exercise on horseback. His diet should consist of what is light and nutritive, carefully avoiding the use of all vegetables, fruits, fermented liquors, and very warm liquids. The stomach never should be overloaded with too great a quantity of food at one time, neither should it be suffered to remain perfectly empty. If at any time a faintness or weakness is perceived between the different meals, a bit of cake or biscuit may be taken with a glass of wine. Wine sufficiently diluted with water may be made use of for ordinary drink; or if brandy or old rum agree better with the stomach, a weak mixture of either of them may be substituted.

In these complaints, it is too usual a custom in the West Indies to have recourse to a daily use of opium or laudanum; but I would recommend these remedies to be as much avoided as the drinking of spirituous liquors by way of drains; for, although they may afford some little relief for the present moment, they nevertheless greatly add to the disease, by the effects that afterwards ensue.

Our chief aim and endeavour must be to strengthen the system, by putting the patient under a regular course of chalybeates and the Peruvian bark, to each dose of which may be added a few drops of the elixir of vitriol. Bitters, antispasmodics, and carminatives, will likewise be proper, and may be given in any of the following forms: Infuse

an ounce of gentian root, and half the same quantity of bitter ash, carcanon seeds, and orange peel, in a quart of white wine, and take a wine glassful twice a day : or form three drachms of asafoetida, two of the filings of steel, and one of the powder of ginger, into a mass, with a little sirup, then divide it into five grain pills, and direct three to be taken morning and evening : or a tea spoonful of the volatile tincture of valerian may be taken three times a day in a little wine, with twenty drops of the tincture of castor : or thirty drops of æther in a little water may be substituted instead of the former.

When costiveness prevails, it will be necessary to prescribe some gentle laxative ; as such, about an ounce of the spirituous tincture of rhubarb will be the most proper : all severe purgatives should be avoided.

During a hysteric fit, volatile salts may be applied to the nose, or æther may be poured on the neck and temples. Should it continue for any length of time, clysters, composed of castor and asafoetida, may be thrown up the intestines, and blisters may be applied. If the patient is found capable of swallowing, two table spoonfuls of the following mixture must be poured into her mouth every hour : Mix three drachms of the tinctures of castor and asafoetida, with two of compound spirits of lavender, and three ounces of peppermint water.

Due care ought to be taken during the continuance of the fit that the patient sustains no injury from the violent struggles which take place ; when it goes off, a course of the before mentioned medicines should be entered upon, with a view of preventing, or at least retarding, any return.

In these affections of the nervous system, cold bathing will, in most instances, be advisable. If hysterics have arose from an obstruction of the menses, the means recommended for promoting a regular discharge of them must be adopted. See Obstructed Menses.

For chalybeates and other tracing medicines, see Dropsy.

### OF MADNESS.

IN madness, there is a loss of the due exercise of reason, or an abstraction of the mind from the body. There are two species of madness, viz. the melancholic and the furious. It is generally imagined that the moon has a very powerful influence over this disease ; but this is an error, as it is on the particular habit which predisposes a person to attacks of this complaint, that the moon produces its effects upon, and not on the disease itself. Mad people are

are observed to be less susceptible of other disorders, and to enjoy better health, independent of madness, than most other persons.

**CAUSES.** This disease is occasioned by affections of the mind, such as anxious cares, intense thinking, enthusiasm in religious principles, the love of an absent object, a constant reflection and serious consideration of some heavy loss or disappointment, which has occurred in the transactions of life; or, in short, by any thing that affects the mind so forcibly as to take off its attention from all other affairs.

It sometimes proceeds from an hereditary disposition, and now and then from a peculiar state or formation of the brain. Those who lead a sedentary life, and are of a weak irritable habit of body, are most liable to attacks of madness.

**SYMPTOMS.** Each species of madness is usually accompanied with a peculiar set of symptoms: those which attend on the melancholic, are timidity, fickleness of temper, fondness for solitude, fancifulness, sadness, dejection of spirits, great watchfulness, frightful dreams, paleness of the visage, flatulency in the stomach and bowels, costiveness, and a small weak pulse. Those which attend on an attack of furious madness, are severe pains in the head, great redness of the face, noise in the ears, watchfulness, wildness, and rolling of the eyes, grinding of the teeth, absurd incoherent discourse, unaccountable malice to particular persons, violent exertions of strength, loud roarings, a total insensibility of cold, and a full quick pulse.

**PROGNOSTIC.** Madness sometimes continues during the whole period of a person's life without any intermission, but it more frequently takes place by paroxysms, which go off and return at stated times. When it is symptomatic of some other disease, or when the attacks are slight, and do not return very frequently, a radical cure may be effected; but when it arises from an hereditary disposition, or is accompanied with great melancholy, and a fixed attention to one object, it will be almost impossible to eradicate the disorder.

**TREATMENT.** But little advantage is to be derived from medicine in the treatment of this disease, as all that can be done is to put the patient under a very spare regimen, and to direct due attention to be paid to him, so that he may neither injure himself or those who attend on him. His diet must consist of vegetables, fruits, thin broths, gruels, panada, and other such things as are light and nutritive. All kinds of vinous, spirituous, and fermented liquors, must be kept from him.

When the patient is not so bad as to require being closely confined, he may be allowed to go abroad daily under the care of some trusty attendant. His mind ought to be soothed, and his attention diverted as much as possible, by directing him to engage in some amusement that will employ both mind and body at the same time.

In cases of furious madness, it will be necessary to keep the patient under close confinement, taking care at the same time to remove every thing from his apartment with which he can injure either himself or others. Small repeated bleedings are often attended with good effects in this species of the disease. The frequent application of blisters to the head and back, and an use of purgatives, are also highly useful and necessary.

When a blister is applied, it ought to be kept open as long as possible, by dressing it daily with a little ointment of a stimulating nature, made by mixing up a few Spanish flies reduced to powder, with a small quantity of yellow basilicum; if it does not discharge much, or should happen to dry up quickly, a seton in the neck may be substituted instead of it. Musk, castor, asafœtida, and such other antispasmodics, may be prescribed if the patient will take medicines. Where there is great watchfulness, and a long continued want of rest, opiates may be useful.

When madness has taken place in consequence of great debility and weakness (as sometimes happens at the close of a nervous fever) all evacuations whatever must be avoided; a nutritive and restorative diet be allowed, and a regular course of chalybeates, stomachic bitters, and the Peruvian bark, entered upon; the patient taking at the same time such daily exercise as his strength will admit of; a moderate use of wine will also be proper.

### OF HEMORRHAGES.

**CAUSES.** HEMORRHAGES usually arise either from an overfulness of blood, too great a determination of it to a particular part of the body, or a dissolved state of the red globules, as takes place frequently in the scurvy, putrid fever, and confluent small pox; sometimes they arise in consequence of wounds and other injuries, or of sudden fits of passion and violent exertions of strength, which produce the rupture of a blood vessel. They also now and then proceed from a peculiar temperament of the body, hence those of weak lax fibres are very much predisposed to hemorrhages. They are sometimes periodical.

**SYMPTOMS.** Every species of hemorrhage is accompanied with peculiar symptoms; great redness and heat in the face, dimness of sight, and a sense of distention, and  
fulness



Fullness of the vessels of the head, often precede a hemorrhage from the nose. Hoarseness, difficulty of breathing, oppression at the breast, flatulency in the stomach and bowels, and coldness of the extremities, are the usual attendants on a vomiting and spitting of blood. General languor, flatulency in the stomach and bowels, and sudden darting pains extending from the back to the fundament, are symptomatic of the bleeding piles. Great lassitude, pains in the back and loins, tension of the lower region of the belly, paleness of the face, and coldness of the extremities, prognosticate the coming on of an uterine hemorrhage. Nausea, sickness, pains in the loins and belly, and a previous stoppage in making water, threaten a discharge of bloody urine.

**PROGNOSTIC.** When a hemorrhage arises in consequence of a putrid dissolved state of the blood, as happens in some malignant diseases, it points out the near approach of death; when it prevails to such a degree as to produce great debility, weakness, and faintings, dangerous consequences are to be apprehended. If it takes place as a critical discharge, to some other disease, it will prove highly serviceable, and, therefore, in such a case should never be stopped, unless it is very severe indeed.

**TREATMENT.** If a discharge of blood takes place from the nose in any inflammatory disease, it ought to be regarded as a salutary evacuation, and not be rashly checked; neither should it be hastily stopped when it arises in strong plethoric habits. When those of weak relaxed fibres are attacked with it, or when the returns of the hemorrhage are so frequent and severe, as to produce great debility, faintings, coldness, and a sinking of the pulse, it must be put a stop to as expeditiously as possible. For this purpose, the patient ought constantly to keep small pieces of fine linen cloth, dipped in vinegar and water, to the nose; and if this does not answer, soft lint, moistened in a solution of blue vitriol, or with a little traumatic balsam, and afterwards rolled in flour or burnt alum, may then be introduced up the nostrils.

Should the bleeding baffle all these means, and still continue violent, the patient, if a male, must be directed to put the whole of the private parts into a bason of cold water, sitting at the same time with his head considerably reclined backwards. When an internal use of medicine becomes necessary, nitre will be the most proper, which may be given in small doses of about ten grains each; and be repeated every two hours. A slight bleeding at the nose is often readily stopped by making some cold application to the neck or back.



When a hemorrhage proceeds from an overfulness of blood, a very spare regimen ought to be pursued, and a dose of some gentle purgative, such as salts and manna, should also be taken now and then; when it arises in consequence of a putrid dissolved state of the blood, a liberal use of wine, Peruvian bark, elixir of vitriol, acids, and such other antiseptics, must be recommended. See Putrid Fever.

In a spitting of blood, if any degree of feverish heat attends, or if it is occasioned by a blow, or some other such injury, it will be prudent to draw off a few ounces of blood from the arm, and afterwards to give small doses of nitre every three or four hours, the patient at the same time drinking copiously of cold liquors, acidulated with lemon juice; if stronger astringents are required, thirty drops of the elixir of vitriol may be taken every three hours, in an ounce of an infusion of red rose; or a bolus composed of eight grains of alum with a little of the conserve of roses, may be used every four hours.

When a vomiting of blood arises, besides the means recommended under the head of Pulmonary Consumption, (which see) small and repeated doses of opium should be prescribed. Those who are subject to attacks either of a vomiting or spitting of blood, must carefully avoid all fits of passion and other violent exertions, and confine their diet to such food as is light and nutritive; warm liquids of all kinds must likewise be abstained from.

When bloody urine is voided, and some external injury has been the occasion of it, it will be advisable to bleed the patient, and keep his body open with emollient laxative clysters. Small doses of nitre, with a plentiful use of mucilaginous liquids, such as linseed tea, and thin solutions of gum arabic, may be ordered as medicines. If the complaint is occasioned either by a stone in the kidney or bladder, warm fomentations may be kept constantly applied to the region of the part affected; and besides having recourse to antiphlogistic means, such as bleeding, and frequently injecting emollient laxative clysters, to prevent any inflammation from arising, lime water may be taken for common drink, mixed with milk, in which a small quantity of gum arabic has been dissolved.

For the Treatment of Floodings, Immoderate Discharges of the Menfes, Bleeding Piles, and other Hemorrhages, see each under its distinct head.

#### OF WOUNDS AND BRUISES.

IN small wounds, which neither extend far, nor penetrate deep, nothing more will be necessary than to bring the divided edges in close contact with each other, which  
may

may be effected by a narrow strip of adhesive plaster. In wounds which are of considerable extent and depth, it will frequently be necessary to put in a few stitches, in order to bring about an union of the parts which have been cut through. Large wounds of this nature frequently occur amongst the negroes on a sugar plantation, from the watchmen who are placed on the cane pieces being armed with cutlasses, with which they often mangle, in a most barbarous and cruel manner, all those who attempt to commit depredations on them.

In wounds of all kinds, but more particularly in those which are accompanied with a considerable degree of laceration of the parts, great care must be taken to remove all bits of gravel, dirt, sand, or other extraneous bodies, which may have lodged therein before the proper dressings are applied. If any slight degree of hemorrhage ensues, the application of a little fine lint dipped in traumatic balsam, or a strong solution of blue vitriol, will readily put a stop to it: If it does not, and the loss of blood is considerable, the mouth of the bleeding vessel must then be enclosed in a ligature, if it can be got at. When a large vessel is divided, a tourniquet, or proper bandage, should immediately be applied, so as to make a sufficient compression, and thereby stop the effusion of blood, until the surgeon can take it up; after which, this may be removed: if it is seated beyond his reach, his whole dependence must be placed on keeping up a constant compression, until the mouth of the vessel has perfectly closed up. Where a constant oozing out of blood takes place from a wound, fine lint rolled up in flour may be applied to it, with a view of absorbing the moisture.

If any degree of inflammation is likely to ensue in consequence of a wound, a poultice of milk, bread, and sweet oil, ought to be kept applied, until it is perfectly subsided, renewing it twice a day, and keeping the patient's body open with gentle laxatives. When the inflammation subsides, if the wound should not discharge a proper yellow matter or pus, five or six large doses of Peruvian bark must be taken every day, and a more generous diet should be allowed. The wound may be dressed with some digestive ointment, such as yellow basilicum.

The tetanus and locked jaw are very apt to come on in warm climates, in consequence of lacerated wounds; and whenever they arise from this cause, they are sure to prove fatal. In all wounds of this nature it will be advisable to give small and continued doses of opium from the very first, and to apply fine lint moistened with laudanum immediately to the injured parts.

In gun-shot wounds, the ball should always be extracted as soon after the accident as possible, by dilating the orifice to a sufficient size; but if this step has been delayed until a considerable degree of inflammation has taken place, it must not be attempted, but recourse be had to bleeding, purging, and an use of emollient fomentations and poultices, keeping the patient at the same time as quiet as possible.

In violent contusions, where a considerable degree of tension, swelling, and inflammation prevail, poultices of rye meal mixed up with vinegar or Goulard's extract of lead, sufficiently diluted with water, will be the most proper application.

In bruises where there is a considerable extravasation of blood, occasioning a lividness in the parts, discutient applications may be made; as such, a solution of crude sal ammoniac in vinegar and water, or in spirits of wine, may be made use of.

Wounds of all kinds come to a suppuration much quicker in warm climates than they do in cold one, and very few chirurgical cases are attended with fatal consequences when skilfully treated, except lacerated wounds of tendinous parts.

#### OF BURNS AND SCALDS.

WHEN burns or scalds are very severe, and are accompanied with a considerable degree of inflammation, an antiphlogistic course must be pursued, and the patient's body kept open with gentle laxatives. If any febrile heat attends, small doses of relaxant medicines, as mentioned under the head of the general Treatment of Fevers, ought to be given frequently, with the addition of a few grains of nitre to each.

The injured parts may be bathed with lime water, or a weak solution of Goulard's extract, twice or thrice a day, and afterwards be anointed with linseed oil. If any dressings are necessary, fine soft linen, spread with a little camphorated white ointment may be applied. If blisters arise, they ought to be opened.

When the parts become livid and black, so as to threaten the coming on of a mortification, cloths dipped in a warm decoction of emollient herbs, with a small addition of camphorated spirits of wine, must be kept constantly applied to them, and the Peruvian bark and wine must be given in considerable quantities.

#### OF ULCERS.

**CAUSES.** ULCERS usually proceed either from an abscess,

cess, wound, bruise, or some other external injury, and are afterwards kept up by a neglect of proper cleanliness, and the necessary means for healing them up; they also frequently arise from a bad habit of body, and from too free an use of spirituous liquors. With many people they act as drains in carrying off some morbid humour from the body.

**TREATMENT.** When ulcers are of long standing, and have become habitual, or when they serve as drains, in carrying off some peccant humour from the body, they should by no means be healed up, without procuring some other artificial discharge, either by means of issues or a seton, as many people fall martyrs to imprudences of this nature. If an ulcer has arose in consequence of neglecting a wound at first, and is recent, it may then be healed up as expeditiously as possible. Should it not discharge a thick yellow matter or pus, a poultice of bread and milk, with a small addition of hog's lard, must then be applied to it, and this be renewed every morning and evening. The patient may also be directed to take about an ounce of the powder of the Peruvian bark every day, until a proper suppuration is procured; after which the ulcer may be dressed with dry lint, laying a pledget of fine tow spread with yellow basilicum ointment over all. Due care is to be taken, however, to cleanse it very well before the dressings are applied, by washing it first with an emollient bath, and then with a weak solution of Goulard's extract; if the edges of the ulcer become high and callous, or if any proud or prouberant flesh arises, the frequent application of a little blue stone or red precipitate will be necessary.

Very foul ulcers are cleansed most readily by washing them daily with a little tincture of myrrh, and then applying a poultice of fresh calava-root morning and evening.

In ulcers of very long standing, which have proceeded from a bad habit of body, alterative medicines have often a very good effect. Dissolve five grains of corrosive sublimate in a pint of old rum or brandy, and direct a tablespoonful to be taken every morning and evening, diminishing the dose, should the above quantity produce any soreness of the mouth, or griping pains in the bowels. A decoction of the woods, as recommended under the head of the Venereal Disease, may be used at the same time with the alterative solution. Drying applications are frequently made use of to heal up ulcers, the most effectual of which is the powder of verdigrise.

When an ulcer proceed from a scorbutic habit of body, or from some old venereal taint, the medicines which have  
been

been advised under these heads must be resorted to, besides attending to the ulcer. In the treatment of ulcers, much will depend on the patient himself; wherefore it will be necessary to caution him against making use of salted meats, high seasoned dishes, spirituous liquors, immoderate exercise, and the keeping the diseased part in a pendant position for any length of time.

It is an opinion pretty generally entertained by the owners of estates in the West-Indies, that the cure of ulcers among negroes is considered protracted from their eating sugar cakes; but this hypothesis is certainly erroneous. It is very true, that ulcers become more inveterate during the crop season than at any other time of the year; but this should be attributed not only to the additional labour which the slaves undergo, but also to their walking constantly barefoot amongst the cane trash, the particles of which prove a great stimulus to any part that is the least tender or ulcerated.

#### OF SPRAINS.

**ACCIDENTS** of this kind most frequently happen in the wrists, knees, and ancles, and are usually occasioned by a slip, or some sudden effort, or violent exertion.

When any considerable degree of swelling and pain attend such injuries, the limb should be kept at perfect rest, and a poultice of rye meal, mixed up with vinegar, or Goulard's extract of lead, must be applied all round the part affected, and this be renewed twice a day, until these inconveniencies are entirely removed; after which it may be rubbed frequently with camphorated spirits of wine or soap liniment.

In weaknesses of particular parts which have proceeded from sprains, very happy effects have often been derived from pouring cold water on the diseased joint, from the spout of a tea-kettle elevated to a considerable height; or a pump may be used with more certain effect, if as convenient. To assist its operation, either a bandage or strengthening plaster should be worn constantly round the part affected, as a support to it.

#### OF RUPTURES.

**CAUSES.** **RUPTURES** generally arise in grown people, from carrying heavy burdens, or from some sudden and violent exertion of strength, whereby some of the fibres of the muscles become lacerated, and a portion of the caul, or some part of the intestines thereby insinuates itself, so as to occasion a considerable tumor.

In very young children, they often proceed from excessive

five fits of crying, during which, some part of the bowels is forced beyond the ring of the muscles in the groin, through which the testicles descend into the scrotum, or bag.

Pregnant women who have had any children, are very subject to a rupture at the navel, from the violent distention of all the parts, which prevails at an advanced stage of pregnancy. Negro children are also much afflicted with this species of this rupture.

**TREATMENT.** Ruptures may frequently be entirely removed in children, by making them wear a proper bandage or truss constantly. In old subjects, where the disease has been of long standing, it often happens, that the portion of the gut or caul which occupies the rupture, forms adhesions to the neighbouring parts of the cyst or bag which encloses it; in which case, making use of any compression would be attended with considerable risk and danger.—This event may, however, easily be ascertained, by inquiring of the patient whether or not the protruded parts ever wholly retire to their natural situation, of which he may be pretty certain, by the difference of feeling, and the flabbiness of the scrotum, which prevail when they do. When no adhesion has taken place, the contents of the rupture should immediately be reduced, by laying the patient on his back, and ordering him to make a full and deep inspiration; at which time the operator must push back the protruded parts through the ring or the muscles into their natural place. Having effected a complete reduction, he must then apply a proper bandage or truss over the part, and this ought to be worn during the remainder of the patient's life; as from a neglect in so doing, it often happens that an obstinate costiveness, and a high degree of inflammation and strangulation of the gut ensue, which, if not soon removed, will be succeeded by a mortification.

When any portion of the intestines become strangulated (which is easily known by the severe vomitings, obstinate costiveness, acute pain in the part, and other symptoms of inflammation which attend such an event), immediate recourse must be had to antiphlogistic means, such as bleeding, the frequent injection of oily laxative clysters, and the application of warm emollient fomentations to the parts. If these means fail in procuring the desired end, the patient must be put into a warm bath for a few minutes, and when taken out of it, the fumes arising from burning tobacco are to be thrown up into the intestines by the proper machine invented for that purpose: a strong infusion of it may be substituted, if the former mode of using it proves ineffectual.

When



When all attempts to overcome the strangulation are fruitless, and there is danger of a mortification ensuing, the proper operation should be performed without loss of time, as death, in all probability, will be the consequence, if it is delayed until that event has taken place; which may be known by the sinking of the pulse, flabbiness of the parts, hiccups, total cessation of pain, and other like symptoms, which always arise on such an occasion.

Those who are ruptured must carefully avoid all kinds of flatulent food and fermented liquors, as also any long continued costiveness, or sudden and violent exertions of strength, severe exercise, or exposures to wet and cold: and they should also constantly wear a truss, which, by making a proper compression, will serve to keep the parts in their natural places; although the wearing of it may, perhaps, prove a little irksome at first, yet, after a short time, it will not occasion the least inconvenience.

#### OF A SUSPENSION OF THE VITAL POWERS FROM DROWNING.

**PERSONS** who die from crowding, no doubt, suffer from an intervention of apoplexy; and although in cases of this nature, the heart and lungs seem to have sustained great injury, yet the brain is the part generally most affected.

**TREATMENT.** As by a pursuance of proper means, it often happens that many people are again restored to life, although they seem apparently dead when taken out of the water, no person meeting with an accident of this nature should therefore be deserted, and given up as irrecoverable, without adopting every method which may promise to bring about a restoration of the natural heat of the body, and the due performance of the vital functions.

As soon as the person is taken out of the water, he must be stripped of his wet clothes, and wiped perfectly dry, after which he should be put into warm blankets, and every part of his body be well rubbed with warm salt or hot albs, for a considerable length of time; a vein may likewise be opened in the arm or neck; volatile salts or spirits of hartshorn may be held to the nose, and a pipe may be introduced into the throat, through which the surgeon should blow very forcibly, in order to expand the lungs, and put them in motion, if possible.

If these means fail, the person should be immersed in a warm bath up to the chin for about ten minutes, and when taken out of it, the smoke arising from burning tobacco may be thrown up into the intestines with the proper machine invented for that purpose. If the least sign of a re-

storation

Restoration of life and respiration should afterwards appear, something of a warm cordial nature ought frequently to be poured down the patient's throat, until he comes perfectly to himself again; when this is effected a gentle emetic and purgative may be given to carry off any water that may have lodged in the stomach and bowels.

Electricity may be tried when the before-mentioned means prove ineffectual.

#### OF THE PALSY.

**IN** the palsy there is a diminution, or loss, of the powers of motion and sensibility in one or more parts of the body. It is sometimes confined to a particular part; and at other times an entire side of the body, from the head downwards, is affected, which is called an hemiplegia.

**CAUSES.** Palsy may arise either from the translocations of morbid matter, the suppression of some usual evacuation, or a pressure made on the nerves by ligatures, wounds, or tumors. It may be brought on also by a peculiar affection of the muscles, or by some interruption of the nervous influence. A long continued application of sedative medicines frequently produces this disorder. Hence those whose occupations subject them to mineral effluvia, and those who are constantly handling white lead, such as Glaziers and Painters, are very liable to be affected with it. It is frequently an attendant on apoplexy and epilepsy. Whatever tends to relax and enervate the whole system, (as debaucheries of all kinds) will readily give rise to paralytic affections.

**SYMPTOMS.** It usually comes on with a sudden and immediate loss of the sensibility and motion of the parts; but, in a few instances, it is preceded by numbness, coldness, paleness, flaccidity, and slight convulsive twitches. When the head is affected, the mouth is distorted, the mind is impaired, the memory is destroyed, and the few words that are spoke are uttered with great incoherence and difficulty. When the disease has taken possession of the extremities, and has been of any continuance, it not only produces a loss of motion and sensibility, but also a very great flaccidity and wasting away in the muscles of the parts affected.

**PROGNOSTIC.** When the palsy makes an attack at an advanced period of life, or affects any of the vital parts, as the brain, heart, and lungs, or when it arises in consequence of a preceding apoplexy, it usually terminates fatally in a very short time.

**TREATMENT.** If the disorder is confined to some particular part, the use of external stimulating applications will be absolutely necessary; and for this purpose the parts  
may

may be rubbed several times a day with a flesh brush, and afterwards be anointed with a liniment composed of two parts of camphorated oil, and one of the volatile spirit of sal ammoniac. If these remedies fail in procuring the desired effects, we may apply cataplasm of mustard, horse-radish, and garlic, or blisters, which may be renewed every now and then. Electricity may also be made use of, giving the shock immediately to the part affected.

If it has arose in consequence of any pressure upon a nerve we should immediately endeavour to remove it; if it has proceeded from an extravasation of some fluid, the speedy absorption thereof should be promoted, if possible.

When the disease is general, and affects several different parts of the body, besides having recourse to the before-mentioned applications, we should also recommend the internal use of stimulating medicines. The patient may take a table spoonful of bruised mustard seed, three or four times a day, or he may substitute any of the following prescriptions: Form a scruple of volatile salts of hartshorn, ten grains of castor, and three of camphor, into a bolus, with a little conserve of roses, and direct it to be used three times a day: or mix half an ounce of volatile fetid spirit, with two drachms of tincture of castor, and one of compound spirits of lavender, of which a tea spoonful will be a sufficient dose, three or four times a day: or take three drachms of gum guaiacum, half an ounce of the powder of valerian, and half a drachm of volatile salts of hartshorn, to which add fifteen drops of the oil of sassafras; then form them into an electuary of a proper consistence, with a sufficient quantity of the sirup of ginger, and direct the bulk of a nutmeg to be taken as frequently as the former. A cupful of tea, drawn from bruised mustard seed, or horse-radish, may be drank after each dose. When any costiveness prevails, stomachic purges may be given: the tincture of rhubarb, or sacred elixir, will be most proper.

The patient's diet ought to be light and nutritive, and for ordinary drink, wine insufficiently diluted with water may be allowed. If he is able to walk, he should take such exercise two or three times a day as his strength will admit of, even although obliged to make use of crutches; if a total inability of all motion prevails, he must then be carried abroad in some proper vehicle; if he resides in either of the islands of Jamaica or Nevis, he may bathe the paralytic parts in the warm baths which are there to be met with, and he may also drink the water with advantage.

tage. Flannel should be worn next to the skin in all paralytic cases.

### OF THE APOPLEXY.

**THIS** disease is attended with a sudden deprivation of all the senses, and a loss of motion in all parts of the body, except in the heart and lungs. It may be known by the laborious breathing, fulness of the pulse, and the appearance of total insensibility which prevail.

**CAUSES.** It arises in strong plethoric habits from the determination of too great a quantity of blood to the head, which occasions either a pressure on the brain, or a rupture of some considerable vessel. Those who have very short necks, and are at the same time very corpulent, are much predisposed to attacks of this disease. It is sometimes brought on by sudden and violent fits of passion, or other emotions of the mind; as also by eating immoderately and drinking freely, or by a sudden suppression of some long accustomed discharge, or by an extravasation of watery lymph on the surface of the brain. When the disease proceeds from the last of these causes, it is distinguished by the name of Serous Apoplexy; and when from an extravasation of blood, it is then called a Sanguineous Apoplexy.

**SYMPTOMS.** It is sometimes preceded by inactivity, dulness, heaviness of the eyes, giddiness of the head, stupor, and sudden startings; but in general the person falls down suddenly, the eyes swell, the mouth continues wide open, and discharges a frothy spittle, the breathing is very difficult, the vessels of the head seem distended with blood, and the pulse is very full and seemingly obstructed. If these symptoms go off, the senses of feeling and motion are again restored; but if they continue long, or a fresh attack ensues, the person will soon be deprived of life.

**PROGNOSTIC.** If the respiration is very much oppressed, the fit of long duration, the person advanced in years, and the pulse irregular, death will certainly be the consequence.

**TREATMENT.** Due care ought to be taken during the continuance of the fit, to remove all compression from about the patient's neck, and to support his head of a considerable height, by applying pillows underneath it. This being done, the chamber should be thrown open, so as to admit of a perfect and free admission of air, and twelve or fourteen ounces of blood should be drawn from the temporal artery, or jugular vein, in preference to taking it from the arm. Blisters and stimulating cataplasms may next be applied, putting the former to the back and

ankles, and the latter to the palms of the hands and soles of the feet.

Stimulating clysters, composed of purgative salts dissolved in warm water, may likewise be injected frequently. As soon as the patient can be made to swallow, we may pour the following draught into his mouth, and repeat it every hour: Take a tea spoonful of the tincture of asafœtida, and another of that of castor, to which add ten drops of the spirits of hartshorn, and half an ounce of peppermint water.

When he is perfectly recovered from the fit, a stoma-chic purge of about an ounce of the sacred tincture may be ordered.

In order to guard against any fresh attack, a regular course of antispasmodic medicines must be entered upon; for which purpose, either of the following prescriptions, or any of those mentioned under the head of Epilepsy, may be used: Mix three drachms of the volatile tincture of valerian, and two of fetid spirit, with four ounces of penny-royal water, of which let two table spoonfuls be taken thrice a day; or twenty drops of either added to a little water, may be taken three or four times a day. A continued use of blisters, issues, or a seton, will likewise be proper.

Those who are subjects to attacks of this disease should be cautious to keep the body open, and to confine themselves to a spare diet, carefully abstaining from meat suppers, and all such things as are hard of digestion; the mind ought to be kept as tranquil and undisturbed as possible; nothing should be worn tight round the neck in the day time, and, when in bed, the head should be supported of a considerable height; all exposures to the meridian sun should be avoided. Small bleedings now and then may tend to prevent an attack of the apoplexy in persons that are predisposed to it from being of too plethoric a habit of body.

The Coup de Soleil, or stroke of the sun, which so frequently happens in warm climates, to such as work under its immediate influence, seems evidently to be a species of apoplexy, and ought to be treated much in the same manner. When it does not prove immediately mortal, as it, however, generally the case, a considerable evacuation should speedily be made, both by bleeding and purging: recourse should likewise be had to diaphoretic medicines and cool diluting liquids, as mentioned under the head of Acute Fever. Bathing the head and temples with cold vinegar and water, will also be attended with a good effect.



## OF THE EPILEPSY.

**IN** a fit of the epilepsy there is a convulsive motion of the whole body, attended with a sudden loss of all sense, both external and internal. Men are more subject to its attacks than women.

**CAUSES.** It may arise from injuries done to the head by external violence, such as blows or bruises: it may also proceed from a pressure on the nerves, either from a lodgment of water in the cavities of the brain, or from concretions and polypi. Violent affections of the nervous system, sudden frights, violent fits of passion, the suppression of some long accustomed evacuation, and worms, will sometimes occasion epileptic fits.

**SYMPTOMS.** The fit is sometimes preceded by a heavy pain in the head, dimness of sight, noise in the ears, palpitations at the heart, flatulency in the bowels, and a small degree of stupor; but in general the patient falls down suddenly, the fingers become clinched up in the hands, the eyes are distorted, a loss of understanding and feeling, as also a general convulsion of the whole body, take place, and a frothy saliva is discharged from the mouth. When he recovers from the fit, he feels very languid and exhausted, and has not the least recollection of what has passed during its continuance.

**PROGNOSTIC.** It will be a difficult matter to eradicate the disease, when the attacks are frequent and of long duration, as also when they have come on after the age of puberty, or have proceeded from an hereditary disposition. When they have come on at an early age, and have been occasioned by worms, or other accidental causes, a perfect cure may, perhaps, be effected.

**TREATMENT.** The patient should, in the first place, be cautioned to guard carefully against all such causes as are apt to bring on a fresh attack of the disease; for which reason, the mind must be kept perfectly tranquil and composed. He should be cautioned against putting himself at any time in a hazardous situation, lest a fit should then come on; and he never should go abroad without a careful attendant with him.

During the continuance of the fit, great care should be taken that the person does not injure himself by the violent struggles which he makes; his hands and feet must therefore be properly confined, and a free access of fresh air should be admitted to him. As the disease generally arises in weak and irritable habits, it will never be necessary to use the lancet; but it will be highly requisite to keep the body open, by gentle laxatives, where there is a tendency to costiveness.



If it is suspected to arise from an affection of the stomach, a gentle emetic of ipecacuanha may be given. Should we have reason to conclude that worms have been the occasional cause, then the proper medicines recommended for the destruction of those animals must be made use of.

When the head is much affected, perpetual blisters, issues, or a seton, may be made trial of. If the disease proceeds from an affection of the nervous system, we must advise the patient to enter upon a regular course of antispasmodics, such as castor, asafœtida, valerian, &c. which may be given in any of the following forms: Beat up two drachms of the powder of valerian, a drachm and a half of asafœtida, and the same quantity of castor, with as much sirup as will make them into a mass, out of which form pills containing five grains each, and direct four to be taken morning and night: or a scruple of valerian, with three grains of camphor and five of asafœtida, may be formed into a bolus with a little conserve of roses, and this be taken three times a day: or twenty or thirty drops of either in a little water, may be substituted, if the former do not answer the desired purpose.

If the patient gives a preference to taking the medicines in a liquid form, the prescriptions may be varied accordingly: Mix two ounces of the volatile tincture of valerian, one of the tincture of asafœtida, and two drachms of the compound spirits of lavender, with four ounces of pennyroyal water, and order a table spoonful for a dose, to be repeated every four hours: or thirty drops of equal parts of the tincture of castor, asafœtida, and valerian, may be taken several times a day.

When the above remedies fail in procuring a proper effect, and the disease is found to proceed from some error or defect in the nervous system, it will be proper to add the assistance of medicines that are possessed of a bracing and strengthening power, such as chalybeates, bitters, and the Peruvian bark (see Dropsy and General Relaxation): mix up an ounce of the Peruvian bark, six drachms of the powder of valerian, and half an ounce of the rust of steel, with as much sirup as will be sufficient to form them into an electuary, to which add twenty drops of the oil of aniseed, and direct the bulk of a nutmeg to be taken three or four times a day.

The use of a cold bath has, in some cases of epilepsy, been attended with good effects, as has likewise that of electricity.

The diet should consist of such things as are nutritive and easy of digestion; all those that generate flatulency, must be carefully avoided.

## OF THE HICCUPS.

**HICCUPS** arise from a spasmodic affection of the stomach and diaphragm, owing to some peculiar irritation.

**CAUSES.** They often proceed from an error in diet, and not drinking a quantity of liquids proportionable to the solids that are eaten. They frequently arise from injuries done to the stomach and other viscera, and often come on towards the termination of many acute diseases. They are also an attendant symptom on a mortification.

**PROGNOSTIC.** When they are a primary disease, or proceed from an error in diet, they may easily be removed; but when they arise in any acute disorder, or after a mortification has taken place, they are usually the forerunner of death.

**TREATMENT.** For the removal of a common hiccup, little or more is required than to retain the breath for a considerable time, and every now and then to take a draught of cold water. An excitement of some degree of fear or sudden surprise, has frequently been observed to remove a severe attack of the hiccups.

When they arise from an acidity in the stomach, a little magnesia will be the most proper remedy, which may be taken in the quantity of a tea spoonful twice or thrice a day. If they have proceeded from some poisonous matter which has got into the stomach, oil and milk must then be swallowed in considerable quantities: when they are owing to an inflammation of the stomach, besides pursuing an antiphlogistic course, warm fomentations must be kept constantly applied all over the region of it.

If the disease proves obstinate, antispasmodic medicines and remedies should be employed. Ten or fifteen grains of musk, made up into a bolus, with a little conserve of roses, may be taken four times a day, to each of which may be added the third of a grain of opium: or a tea spoonful of anodyne ether may be taken as frequently as the former in a little water: a large plaster of Venice treacle spread on leather, over which a small quantity of powdered mace, nutmeg, and cloves, have been sprinkled, may also be applied to the pit of the patient's stomach; if after laying on for some hours, it should not procure relief, a blister may then be substituted instead of it.

When hiccups have arose from a preceding mortification, or are attendant on some acute or malignant disease, no advantage can be derived from medicine, or any other means whatever.

**OF THE CRAMP IN THE STOMACH.**

**CAUSES.** IT is frequently produced by making use of improper food, and is most apt to attack those of an hysterical and hypochondriacal constitution.

**SYMPTOMS.** It is always accompanied with great pains and violent spasms.

**PROGNOSTIC.** A considerable degree of danger always attends this complaint, but more particularly so when the spasms are severe, frequent, and of long duration.

**TREATMENT.** When the pain is very acute, and the spasms return with great frequency, warm fomentations should be kept constantly applied all over the region of the stomach, and the following draught should be taken every two hours, until ease is procured: Mix thirty-five drops of laudanum and two of the oil of aniseed, with a tea spoonful of the tincture of castor, and an ounce of peppermint water.

If the patient is affected with any vomiting, that prevents the medicine from being retained on the stomach, it may then be given in the form of a clyster, by mixing it with eight or ten ounces of water gruel; when these means fail, the warm bath may be tried.

When the spasms have entirely ceased, it will be advisable to give a stomachic purge of the sacred tincture on the succeeding day, of which about an ounce will be a sufficient dose.

Those who are subject to spasmodic affections of the stomach and bowels, should avoid all kinds of flatulent food and fermented liquors.

**OF THE TETANUS AND LOCKED JAW.**

**IN** the tetanus, the senses remain perfect and entire, but the muscles of the whole body are affected with one universal spasm. In the locked jaw the spasm is confined solely to that particular part.

**CAUSES.** Some people entertain an idea that negroes are more predisposed to attacks of this complaint than white people: they certainly are more frequently afflicted with it; but this circumstance does not arise from any constitutional predisposition, but from their being more exposed to punctures and bruises in the feet, from splinters of wood, nails, broken glass, and sharp stones, by their going constantly barefooted.

The most general cause of the tetanus, is a wound of a membranous or tendinous part, by some extraneous body which has either punctured or lodged itself, and thereby creates a vast deal of irritation. The disease is also frequently

quently the consequence of lacerated wounds. In very young children it is sometimes occasioned by a lodgment of acrid matter in the intestines (see the Jaw Fall), exposures to cold sometimes gives rise in it. The locked jaw is sometimes a consequence of the amputation of a limb; but such an event is by no means so frequent in warm climates as in cold ones, although the tetanus is a disorder more universally met with in the former than in the latter.

**SYMPTOMS.** When the last mentioned disease has been brought on by a puncture or wound, the symptoms will shew themselves generally about the tenth day; but when it has proceeded from an exposure to cold, they will make their appearance much sooner, and will also be accompanied with a small degree of fever. It sometimes comes on gradually, as, perhaps, only a slight crick or stiffness is at first perceived in the neck and shoulders, which, after a short time becomes considerably increased, and extends all along the spine of the back; a tightness or uneasy sensation is then felt about the chest, and is attended with a severe pain just under the extremity of the breast bone; a stiffness also takes place in the jaws, which soon increases to such a height that they are at last perfectly locked and closed together; the swallowing is impeded, and the spasms at length become general over the whole body, so that on each attack the person experiences very acute pain, and is raised with a kind of sudden spring from off the place on which he lays. From the remembrance of what he has felt during the continuance of the last spasm, and from the apprehension of a succeeding one, his countenance expresses great melancholy and distress, and he endeavours as much as possible to avoid every kind of motion, and even to speak or drink; the belly is costive and appears flattened and drawn inwards, the eyes are languid, and the tongue so stiff that there is hardly a possibility of making out what words are uttered. After some days continuance, the violence and frequency of the attacks, together with the impossibility of getting any kind of nutriment down the patient's throat, at last totally exhaust the strength, the pulse becomes irregular, and one universal spasm puts a final period to a miserable state of existence.

**PROGNOSTIC.** When a tetanus has taken place in consequence of a lacerated wound or puncture of some membranous or tendinous part, it usually proves fatal; as does likewise a locked jaw, when it arises in consequence of a surgical operation. When either of these have been brought on by an exposure to cold, they may, in most instances, be removed by a timely use of proper remedies, although,

although, perhaps, it will be a considerable time before the patient will recover his former strength.

**TREATMENT** Notwithstanding that our endeavours will not, in all probability, be crowned with success, when the disease arises from a wound or puncture of any membranous or tendinous part, yet we should not suffer a patient to remain in so miserable a state of existence without endeavouring to afford him at least some temporary relief or alleviation of his pains.

On being applied to for advice, we should endeavour to investigate and find out the cause which has given rise to the disorder. If found to proceed from a wound or puncture, we should then very carefully examine the injured part, and immediately extract any extraneous body that may have lodged therein, taking care at the same time to dilate the wound to a sufficient size, that the necessary dressings may afterwards be applied in close contact with them.

This step being taken, it may, perhaps, be attended with good effects, to pour a small quantity of laudanum into the wound every three or four hours, dressing it with dry lint, and then laying a pledget of fine tow spread with digestive ointment over all.

A tetanus is sometimes supposed to arise from the partial division of a nerve or tendon; when this is suspected to be the case, a deep incision should be made into the part which has been injured, so as to divide the tendinous and nervous fibres entirely; and then the same mode of proceeding as in the former instance is to be adopted.

The parts most affected by spasm may be rubbed every now and then with anodyne balsam. If the jaws are not too firmly locked to insinuate a spoon betwixt the teeth, the following draught may be poured down the patient's throat every two hours, increasing the quantity of laudanum in each, if the spasms are not soon found to abate in their violence: Dissolve eight grains of musk in an ounce of cinnamon water, and add fifty drops of laudanum. The attention must be directed to the effects produced by the laudanum, and not to the quantity of it which is taken, as several instances are recorded by medical writers, where an ounce of solid opium has been given in the course of twenty-four hours, when the spasms have been very frequent and severe. It will always, however, be prudent and right to begin with small doses, and increase them gradually if they are found ineffectual.

Throughout the whole course of the disease, the body must be kept open either by laxative clysters or purgatives.

In some cases where the fore teeth are quite perfect, it  
may



may be necessary to extract one or two of them, in order to introduce a spoon into the mouth, for the purpose of giving the necessary medicines.

To procure a relaxation of the spasms, it has been usual to make use of the warm bath; but in all the instances of a recovery from this disease which have taken place within my knowledge and practice, the cold bath was substituted instead of the former. A large pailful of cold water was thrown upon the patient every two hours, after which he was wiped dry, and again put to bed. The before-mentioned draught was then given to him, and the parts most affected with spasm were well rubbed with anodyne balsam. When the patient was so far recovered as to be able to swallow with facility, the Peruvian bark and wine were then given freely.

It has been recommended by some practitioners to excite a salivation; but I never found it answer. Whenever it is attempted, the warm bath may be used at the same time, with a view of bringing it on more quick'y.

When the disease has proceeded from an exposure to cold, it is apt to be attended with some slight inflammatory symptoms, which it will be necessary to abate, by taking away a few ounces of blood from the arm. After this, the former mode of treatment (allowing for the non-existence of any wound or puncture) may be pursued. Diaphoretic medicines joined with opiates, will be proper; wherefore fifteen or twenty drops of antimonial wine should be added to each draught.

In the locked jaw, arising from amputations and other surgical operations, our only hope must be placed on an internal use of opium, although, indeed, it seldom proves effectual. It has been recommended in these cases to apply lint dipped in laudanum to the wound.

The Jaw Fall is placed amongst the number of diseases incident to young children.



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OF THE  
D I S E A S E S  
PECULIAR TO  
W O M E N.

---

OF MENSTRUATION.

**M**ENSTRUATION takes place at a much earlier period of life in warm climates than in cold ones; as in the former it often appears at the age of ten or eleven years, whereas, in the latter, very seldom before fifteen. It also ceases much sooner with women who reside in warm climates, than it does with those who are inhabitants of cold ones. It evidently seems to give a disposition to the female organs of generation to be acted upon by the male semen, so as to fit them for impregnation; as women seldom if ever bear children before they have menstruated, and few or none ever become pregnant after a final stoppage of the menses.

The first appearance of the hemorrhage is usually preceded by a swelling of the breasts, and a sense of fulness at the lower region of the belly, accompanied with severe pains, and often with some slight hysterical affection; all of which cease again as soon as the flow of blood takes place.

For the two or three first times of its appearing, it is very apt to be somewhat irregular, both as to the quantity of blood discharged, and the period of its return; but at length, it usually observes stated times, and pretty near the same quantity is lost at each visitation, unless some irregularity take place. The menses generally continue to flow for about four or five days, and diminish gradually for the two or three last: the quantity of blood discharged at each time being about five or six ounces. Some women menstruate every three weeks, and others not quite once

a month. Those who are pregnant, and such as give suck, are seldom troubled with any flow of the menses.

A period of life at which menstruation ceases is always a very critical one to females, as the constitution then undergoes a very considerable change; and it happens not unfrequently, that chronical complaints then take place, which sometimes prove fatal.

When the menses cease suddenly in women of a full plethoric habit of body, they should take care to confine themselves to a more spare diet than usual; they should likewise take regular exercise, and keep their body perfectly open, by using some gentle laxative, as lenitive electuary, the purgative quality of which may be increased if not found sufficiently powerful, by adding a few grains of the powder of jalap to each dose.

If ulcers break out in the legs or other parts of the body on a total cessation of the menses, they should be regarded as critical discharges, and must by no means be healed up, without making some other drain, either by issues or a seton.

#### OF AN OBSTRUCTION OF THE MENSES.

**CAUSES.** EXPOSURES to cold, anxiety, uneasiness of mind, confinement, inactivity, improper food, sharp acids, strong astringents, a weak and relaxed state of the solids, severe evacuations, deficiency of vital heat, tight lacing, and the like, are the causes which are most productive of an obstruction of the menses in young women. The disease is now and then symptomatic of some other complaint.

**SYMPTOMS.** Heaviness, listlessness to motion, giddiness, a sense of great weight over the eyes, pains in the head, back, and loins, pale visage, palpitations at the heart, flatulency and acidities in the stomach and bowels, tension of the womb, hysteric fits, and a quick weak pulse, usually attend on an obstruction of the menses. In some cases where they do not make their appearance at a proper age, a hardness of the pulse, hemorrhages from the nose, lungs, and other parts of the body, hectic heats and flushings, a cough, and ulceration of the lungs, are apt to take place.

**PROGNOSTIC.** It often proves a difficult task to bring on a flow of the menses in young women who have never had any visitation of them; but when they have ceased suddenly, from an exposure to cold or any such cause, they may easily be restored by pursuing proper steps.

**TREATMENT.** As the disease sometimes depends on particular affections of the mind, every attention should be paid

paid to keep it in as tranquil and undisturbed a state as possible. The patient ought therefore to associate with cheerful company, use a general nutritive diet, take daily exercise on horseback, and carefully avoid all exposures to wet and cold, particularly in the feet, which parts must always be kept warm and dry.

If the obstruction proceeds from a weak relaxed state of the solids, the cure is to be attempted by administering medicines, and using such other means as will brace up the solids, promote the digestion, and give strength to the whole system; this power chalybeates, stomachic bitters, the tincture of the Peruvian bark, with the elixir of vitriol, a generous nutritive diet, proper exercise, and cold bathing certainly possess, and may therefore be prescribed. See Dropsy and General Relaxation. Castor, asafoetida, myrrh, aloes, rue, bryony, savin, and other such medicines, may likewise be employed, combined together, as in any of the following prescriptions, with a view of bringing on a flow of the menses: Take of the filings of iron, myrrh, and soap, each half a drachm, with a scruple of castor, and beat them up into a mass, with a little sirup, then divide this into five grain pills, and direct three to be taken morning and night; or, make eight grains of castor, five of asafoetida, and three of the extract of hellebore into a bolus, with a little lenitive electuary, and take it as often as the former; or, mix an ounce of the elixir of aloes, and half an ounce of the tincture of savin, and the same quantity of the tincture of black hellebore, and take a tea spoonful twice a day.

If the patient is troubled with acidities in the stomach, she must be directed to take a drachm of magnesia every morning and evening. When any costiveness prevails, a table spoonful of the sacred tincture, or elixir, will be necessary to remove it.

When the obstruction proceeds from a viscid state of the blood, and the patient is of a full plethoric habit of body, evacuations, and such medicines as will attenuate the blood, will then be proper. A vein may be opened in each foot; and, in order to make the blood flow more regularly and plentifully, they should be immersed in warm water before and during the operation of its flowing: warm fomentations of antispasmodic herbs may likewise be applied externally to the parts of generation, at the time that the menses ought to have appeared, or warm vapours may be brought in contact with them, by directing the patient to sit on a close-stool pan filled with a warm infusion of the before-mentioned herbs. In cases of the  
above

above nature, it will be requisite to make use of a spare diet, and to take some gentle purgative now and then.

In many cases of suppressed menses, electricity has proved highly beneficial. To young women who labour under complaints of this nature, I would recommend to enter speedily into the connubial state, as matrimony will be attended with better effects than any other remedy that can be ascribed.

#### OF AN IMMODERATE FLOW OF THE MENSES.

IN some women, the menstrual discharge is often very profuse, and its returns are very frequent, so much so indeed, as to lay the foundation of many grievous disorders.

**CAUSES.** Too great a flow of the menses sometimes arises from plethora, or an overfulness of blood; but this rarely happens in warm climates, as in these it usually proceeds from a laxity of the vessels, and generally weakness of the solids. Women who have been troubled with frequent abortions, and such as carry heavy burdens or labour hard, are in general very liable to immoderate discharges of the menses. Giving way to violent fits of passion, grief, and despondency, and leading too sedentary a life, very much predispose to attacks of this nature.

**SYMPTOMS.** Paleness of visage, want of appetite, weakness, and lowness of the pulse, chilliness, flabbiness of the flesh, laxity of the muscular fibres, and hysterical affections, are the symptoms which usually attend on this disease. When the attacks have been very frequent and severe, and have occasioned great weakness and debility, then dropical swellings of the feet often accompany the former.

**PROGNOSTIC.** When the periodical returns are very immoderate and of long continuance, besides a great degree of weakness and relaxation in the parts immediately concerned being produced, a train of nervous complaints is also frequently brought on.

**TREATMENT.** The first object to be attended to is the restraining any severe loss of blood, and the second the preventing any future violent return of the hemorrhage. To effect the first of these intentions, the patient should be confined to bed with her head laid somewhat lower than her hips, and cloths, wetted with cold vinegar and water, should be kept constantly applied to the bottom of the belly and private parts; she must likewise be directed to drink nothing but what is cold and properly acidulated with elixir of vitriol or lemon juice.

As an astringent, we may order fifteen grains of alum and ten of dragon's blood, formed into a bolus, with a little conserve of roses, to be taken every two hours.—Should this medicine not abate the hemorrhage, and the woman's life become exposed to imminent danger, from a vast exhaustion of strength, we must then prescribe half a grain of sugar of lead, with the same quantity of white vitriol, every three hours, and between each dose thereof the following draught may be taken. Mix two ounces of an infusion of red roses, a drachm of the spirits of nitre, twenty drops of the elixir of vitriol, and fifteen of laudanum, together. As soon as the hemorrhage has perfectly ceased, a purge of castor oil should be taken, in order to prevent any bad effects from the action of the vitriol and sugar of lead on the coats of the stomach and bowels.

Whenever an immoderate flow of the menses is either preceded by or attended with acute pains in the bottom of the belly, small and repeated doses of opium will then be necessary to abate the spasms.

To effect the second intention of obviating any future severe returns of the hemorrhage, medicines that have a powerful effect in strengthening the general system must be prescribed; as such, stomachic bitters, chalybeates, the Peruvian bark, with the elixir of vitriol, and a generous nutritive diet, promise fair for success. See the Treatment of Hysterical Diseases, General Relaxation, and Dropsy. For ordinary drink, Port wine properly diluted with water will be most proper.

Women who are subject to immoderate flows of the menses should be very careful never to lift heavy weights, carry great burdens, or use any kind of violent exercise whatever: and they should likewise cautiously avoid giving way to fits of passion, grief, or despondency.

### OF THE WHITES.

IN the fluor albus, or whites, there is a discharge of thin mucous matter from the parts of generation, which in different women, varies both in colour and consistence, and in many is sometimes very acrid and fetid. Some females have been known to have a periodical discharge of this nature instead of the menses. The disease is very often to be met with among negroes, from the frequent abortions they designedly bring upon themselves, in order to prevent their having the trouble of rearing their offspring, to which they are seldom bound by the same ties of maternal tenderness and affection that white women are: it is to be distinguished from a Gonorrhea or Clap, by the symptoms



symptoms which have preceded the discharge, as mentioned in treating of that disorder.

**CAUSES.** Every thing that occasions a relaxation on the parts, or of the system in general, will readily give rise to this complaint. Great sensuality, difficult and tedious labours, repeated miscarriages, immoderate flows of the menses, general weakness of the solids, profuse bleedings, and evacuations of all kinds, are the general causes. Delicate women that are of lax fibres, and those who remove from cold climates to become inhabitants of warm ones, are frequently afflicted with the whites.

**SYMPTOMS.** Besides a constant weeping, or discharge of mucous matter, from the parts of generation, the patient is usually troubled with dejection of spirits, paleness of the countenance, loss of appetite, constant pains in the back and loins, sudden faintness, palpitations at the heart, chilliness, and a wasting of the whole body. When the discharge is acrid, a heat of urine, and some slight excoriations will likewise be perceived. If the disease has been of long continuance, and has occasioned great weakness in the parts, then a falling of the womb is apt to ensue.

**PROGNOSTIC.** It will at all times be difficult to procure a total removal of the complaint; and although it seldom or never proves fatal of itself, yet it is very apt to lay the foundation of a number of many dreadful disorders, such as internal ulcers, a falling of the womb, general relaxation, atrophy, and dropsy.

**TREATMENT.** If it proceeds from general debility and relaxation of the whole frame, not only astringents must be made use of, but likewise such medicines and remedies as have a power of strengthening the system in general: these are chalybeates, stomachic bitters, the Peruvian bark, with the elixir of vitriol and the cold bath, as recommended under the heads of general Relaxation, Hysterical Diseases, and Dropsy.

As an astringent, either of the following prescriptions may be made trial of three or four times a day: Form ten grains of alum into a bolus, with a little conserve of roses; or, take twenty drops of the balsam of copaiba, fifteen of Turlington, and ten of the tincture of cantharides, in a tea spoonful of brandy; or mix up an ounce of Peruvian bark, half an ounce of the rust of steel, and two drachms of white resin reduced to powder, with as much balsam of copaiba as will be sufficient to form them into an electuary of a proper consistence, and take the bulk of a nutmeg for a dose.

Astringent injections may likewise be used every morning



and evening ; for this purpose, dissolve either two drachms of alum, or ten grains of white vitriol, in eight ounces of rose water : the parts are to be kept very clean, by bathing them two or three times a day, to prevent any excoriations or ulcers from arising.

The application of a strengthening plaster to the loins usually affords a considerable degree of satisfaction to the patient, and may therefore be recommended.

Women that are afflicted with the whites should not indulge in an use of warm relaxing liquors, nor laying on feather-beds ; they should rise early, go into a cold bath, and afterwards take gentle exercise before the sun becomes too powerful. Their food must consist of such things as are light and nutritive. The medicines recommended under the heads of Gleet and Diabetes will likewise be proper in this disease.

### OF A FALLING OF THE WOMB.

**CAUSES.** THIS disease, like the two former sometimes arises from general weakness and debility of the whole frame ; but, in most cases, it proceeds from a relaxation of the ligaments, by which the womb is supported, occasioned either by frequent miscarriages, or some violence used by the midwife in separating the placenta or after-burden too hastily after labour ; it may also be occasioned by violent strains from carrying heavy burdens, or using some severe exercise. Many women subject themselves to this disagreeable complaint, by not confining themselves to bed for a sufficient time after delivery, so as to allow the womb to recede to its natural situation and size.

**SYMPTOMS.** A falling of the womb is usually accompanied with pains in the back and loins, and a difficulty of making water and going to stool ; when it has continued long down, and severe exercise and hard labour have been made use of, slight excoriations and ulcerations are apt to ensue.

**PROGNOSTIC.** It often proves a difficult matter to prevent returns of this accident in those who have been once afflicted with it, especially in negro women who are exposed to hard labour ; but there is no immediate danger in the disease, as a woman may live many years with a dislodgement of the womb in this way. When an inversion of it takes place, in consequence of the midwife having used forcible means in bringing away the after-burden, the patient will infallibly be destroyed.

**TREATMENT.** The first thing to be attempted, is the reduction of the womb ; and, the next, the prevention of  
any

Swellings of the feet, ancles, and private parts, which arise in the latter stage of pregnancy, are likewise produced by the pressure made by the womb, which now prevents a free return of the blood from the lower extremities. Gravid women are always free from these complaints in the mornings, whereas towards night they suffer very much from them. Neither the application of bandages, nor the making punctures, should be thought of, as all that is necessary to be done is to give directions to the woman not to keep her feet in a pendent position for any length of time.

Cramps of the legs and thighs are to be relieved by rubbing the parts with cold vinegar. When the belly is affected with spasms, it may be rubbed with some emollient application, such as oil. The patient must avoid all kinds of food which is apt to prove flatulent, keeping the body regularly open with gentle laxatives.

Convulsions are always attended with imminent danger in women that are far advanced in pregnancy, being generally occasioned either by too great a determination of blood to the head, or by the unusual stimulus in the womb. From the last of these causes, women are more liable to attacks of this nature during the first pregnancy, than in any future one. If there should appear any inclination to vomit, it may be assisted by giving a small bowlful of camomile tea, if the woman can be made to swallow: if she does not soon recover, blisters must be applied, and the labour pains be promoted as much as possible. In general, taking away a small quantity of blood, and keeping the body regularly open, will prevent convulsions from taking place.

An incontinence of urine in pregnant woman is only to be removed by delivery.

If a jaundice, or bilious complaint, attend on pregnancy, (as is often the case from the pressure of the womb on the gall bladder), it is to be removed by keeping the body open with gentle laxatives, such as pills composed of rhubarb and soap, as directed under the head of the former of these complaints.

#### OF MISCARRIAGES AND FLOODINGS.

OF all the complaints and accidents attendant on pregnancy, none are accompanied with so much danger as floodings at an advanced stage of pregnancy, these being often so rapid and violent as to destroy the woman in a very short space of time, if proper means are not immediately adopted. Miscarriages may happen at any period

of pregnancy; but they take place more frequently before the fifth month than at any other time afterwards. When a woman happens to part with her burden before the seventh month, she is said to have miscarried; but when delivered of it after this time, the term labour is usually applied.

Moles and false conceptions, are fleshy substances which are voided, and which do not contain the least appearance of a foetus; this being generally supposed to undergo a speedy dissolution in the womb soon after a separation begins to take place. Children born at the end of seven months are seldom reared, and when they are, they in general prove small and weakly; but those of eight months are frequently preserved by bestowing proper care on them, and often turn out healthy and strong; the contrary is, however, the opinion entertained by the vulgar.

As some women menstruate during the first months of pregnancy, it will be necessary to distinguish rightly between an approaching miscarriage and a natural visitation of the menses, which may be done by inquiring whether or not the hemorrhage proceeded from any apparent cause, and whether it flows gently, or is accompanied with unusual pains. The former usually arises from some fright, sudden surprise, blow, fit of despondency, or passion, and does not flow gently and regularly, but bursts out suddenly in torrents, and again stops all at once, and is also attended with severe pains in the back and bottom of the belly; whereas the latter is marked with none of these disagreeable occurrences.

**CAUSES.** The most general of which are severe exertions of strength, lifting heavy weights, sudden surprises and frights, violent fits of passion, great uneasiness of mind, uncommon longings, oversfulness of blood, profuse evacuations, weakness, and general relaxation of the whole system, external injuries, (such as blows and bruises) a separation of the after burden from the womb, and, lastly, the death of the child.

**SYMPTOMS.** Miscarriages are often preceded by a general sense of coldness, flaccidity of the breasts, vomiting, and pains in the loins, and bottom of the belly. After a short continuance of these symptoms, a slight discharge of blood then ensues, sometimes coming away in small clots, and at others, gushing out in a florid stream, then stopping, perhaps, for a short time, and again returning violently.

**PROGNOSTIC.** Miscarriages are more or less dangerous according to the stage of pregnancy in which they happen. The further a woman is advanced therein, the greater will be

any future return, by retaining it constantly in its natural place.

If any costiveness prevails, it must be removed, in order to render the reduction easier. This being obviated, the woman laying herself on her back, may either replace it gradually herself, or get some skilful person to do it for her, and then a pessary of wood or ivory must be introduced and wore constantly.

If excoriations or ulcerations take place, they should be bathed either with an emollient fomentation, or a weak solution of Goulard's extract, twice or thrice a day, and then be dressed with a little Turner's cerate spread upon fine lint: they ought to be perfectly healed up before the reduction of the womb is attempted.

When general relaxation of the whole frame has given rise to this complaint, chalybeates, bitters, the Peruvian bark, and cold bathing, will be proper remedies to make use of. See General Relaxation, the Whites, and the Dropsy.

#### OF PREGNANCY, AND THE DISEASES INCIDENTAL THEREON.

THREE different stages evidently exist during a state of pregnancy, each of which has a distinct set of symptoms; and when we reflect on the vast distention and dislodgement of the womb, which prevail at an advanced period of it, we cannot be surpris'd at the many complaints and irregularities which take place in consequence thereof.

**SYMPTOMS.** The first stage of pregnancy is usually accompanied with a suppression of the menses, frequent nausea and vomiting, drowsiness, heart-burn, head ache, tooth-ache, cough, peculiar longings, and some slight hysterical affections. Some women breed so easily, as hardly to experience any kind of inconvenience whatever, while others are incapable of retaining the least thing on their stomachs, and are reduced to a state of great debility and weakness. With many women, the vomiting will continue during the second stage also; but partial suppressions of urine, costiveness, and frequent attacks of the piles, are what they chiefly suffer from. About the fourth month, is the usual time at which most women quicken, therefore the slight efforts of the child will now be perceived by the mother.

During the last three months, or third stage of pregnancy, great restlessness, general uneasiness, costiveness, swellings of the feet, ankles, and private parts, cramps in the legs, thighs, and belly, difficulty of retaining the

urine:

urine for any length of time, varicous swellings of the veins, and the piles, are the affections which usually are complained of. In weak delicate women of irritable habits, convulsive fits sometimes arise.

**TREATMENT.** Frequent nausea and vomitings prove very troublesome to some women, and often reduce them to a state of great debility. As these are most apt to take place upon first getting out of bed in the morning, the woman should be recommended, when this is the case, never to rise until she has taken either a dish of tea, or whatever other article she has usually accustomed herself to for breakfast. If at any time the vomiting should become so severe as to threaten the coming on of a miscarriage, from the violence of straining, it then will be advisable to take away a few ounces of blood, and to direct a saline draught to be taken in the act of effervescence every three hours, (as mentioned under the head of Acute Fever, or that of a Vomiting and Purgings), to which may be added a few drops of the compound spirits of lavender: the body should also be kept open with gentle laxatives.

When either head ache, drowsiness, or a sense of fulness in the vessels, proves troublesome, bleeding will likewise be proper.

If the heartburn (which usually proceeds from an acidity in the stomach) is much complained of, half a drachm of magnesia may be taken morning and evening, to obviate it.

Peculiar longings should always be gratified, as women are apt to miscarry from the anxiety which these occasion when not indulged in them.

Costiveness, partial suppressions of urine, and the piles, which attend on the second stage of pregnancy, are occasioned by the great pressure of the womb on the bladder and rectum. The first of these symptoms is to be removed by a daily use of some gentle laxative, such as lenitive electuary, to which a small quantity of jalap may be added, if not found sufficiently active of itself; aloetic pills are generally used on this occasion; but they are highly improper, being of too stimulating a nature, and very apt to occasion hemorrhages and the piles.

When a suppression of urine takes place, besides making use of bleeding and warm emollient fomentations and clysters, it will be necessary to have recourse to chirurgical assistance, by drawing it off with a catheter. If the piles prove very troublesome, and are not removed by obviating the costiveness, then the means recommended under that head must be resorted to. See Piles.

**Swellings**



be the risk, especially when unaccompanied with labour pains, as the mouths of the vessels which pour out the blood are very much enlarged when the womb is considerably distended by the increased size of the child, and of course a vast quantity will be discharged in a very short space of time. Although miscarriages before the fifth month are seldom attended with much immediate danger, from the loss of blood which then usually ensues, they nevertheless frequently lay the foundation of many grievous complaints by happening often. Some women are troubled with habitual miscarriages, and observe a stated period for several successive pregnancies, which is usually about the third month.

**TREATMENT.** When a woman is subject to habitual abortions, and is of a full plethoric habit of body, she should lose a small quantity of blood just before the usual time of her miscarrying; she should likewise use a very spare diet, and avoid all agitations of the mind, tight lacing, severe exercise, and such sights as may make a disagreeable impression on her. When general weakness and relaxation are the causes which give rise to these accidents, bleeding should not be practised, but gentle exercise, a strengthening nutritive diet, together with a course of chalybeates, stomachic bitters, and the tincture of the Peruvian bark, with elixir of vitriol, may be recommended. See *General Relaxation*.

If a woman is threatened with a miscarriage in consequence of the death of the child of which she is pregnant, and no flooding arises, the progress of nature should be waited for with proper patience, soothing her mind, and supporting her strength with a light nourishing diet; but if a miscarriage proceeding from the before-mentioned cause is accompanied with a severe flooding, and the woman is far advanced in her pregnancy, then the labour should be promoted by every possible means.

When a flooding comes on in consequence of some slight separation of the after-burden from the womb at an early stage of pregnancy, it may frequently be stopped by adopting proper steps immediately, and the woman be enabled to go out her full-time. If, however, we should not be so fortunate as to procure this event, we must then endeavour to restrain the hemorrhage.

On the first appearance of a flooding, a small quantity of blood should be taken away, and the woman be confined to bed, and kept perfectly cool and quiet; her diet consisting of such things only as are light and cooling, and her ordinary drink of lemon or tamarind beverage. If any  
costiveness



costiveness prevails, it ought to be removed by a laxative clyster. When the discharge is very copious, and accompanied with severe pains or spasms, it will be advisable to prescribe small and repeated doses of opium or laudanum, as half a grain of the former, or about thirty drops of the latter, every six hours, and likewise to apply cloths or sponges dipped in cold water and vinegar to the back and private parts; small doses of nitre and alum may also be taken inwardly every three hours, either dissolved in a little water, or made up into a bolus with a small quantity of conserve of roses. For other astringents, see these under the head of an Immoderate Flow of the *Menses*.

Astringent injections very seldom prove serviceable in continued floodings; but, where the hemorrhage remits for a considerable time, they may be used with advantage; as such, either an infusion of red roses properly acidulated with elixir of vitriol, or a weak solution of white vitriol in rose water (ten grains of the former to about eight ounces of the latter) may be made trial of.

If the woman is in the last stage of her pregnancy, and the hemorrhage prevails to so great a degree as to endanger her life, it will be necessary to attempt the delivering of her as expeditiously as possible, although this will be attended with a vast deal of difficulty and uncertainty, unless the operator is assisted in the dilation of the parts by the coming on of the natural labour pains.

#### OF THE TREATMENT OF WOMEN DURING LABOUR AND AFTER IT.

DURING the progress of a natural labour, it is seldom that much assistance is required, nature being generally sufficiently powerful of herself to effect a delivery. It sometimes happens, however, that instead of the true labour pains coming on, the woman is harassed with slight lingering ones, which exhaust her strength without forwarding the labour. In these cases it will be necessary to give an opiate draught of about fifty drops of laudanum in a little cinnamon water, and afterwards to keep her as quiet as possible, until the real pains come on.

The progress of the child is sometimes retarded by costiveness; when this happens it should be removed by an emollient laxative clyster, and this may be repeated if necessary. If a suppression of urine happens to take place, the catheter must be made use of to draw it off. During the continuance of the labour, warm caudle should frequently be given to the woman, not only to support her strength

Strength, but also to assist the operation of the pains, and remove any degree of chilliness that may prevail. If the woman is able to walk about between the pains, it will be far more advisable in her to do so than to lay on her bed, as an erect posture will tend to accelerate their quick return. The midwife must not be too officious, nor should she, however, neglect giving the proper and necessary assistance during the continuance of the pains. In the moment of delivery, she should be careful to prevent any laceration that might ensue from too hasty a birth, by making a sufficient compression against the head of the child, by which means a slow and gradual dilation of the parts will take place.

The child being born, and properly separated from the mother by a division of the navel-string between the ligatures, which have been made on it, (two being always preferable to one) the midwife's next care must be directed to the after-burden, the expulsion of which, if no flooding prevails, should be left to nature, assisting her a little of sound necessity, by making a proper compression on the belly with one hand, and pulling gently at the naval string, from side to side, with the other. If, after waiting for two or three hours, there should appear no likelihood of its coming away, or any flooding should ensue, then it must be separated by the manual assistance of some skilful surgeon.

The delivery being completely effected, and the woman somewhat recovered from her fatigue, the next point to be attended to is the laying her comfortably and dry, by removing from under her all such things, as are moist and wet, and replacing them with linen that is clean and well aired. Warm cloths are likewise to be applied to the private parts, and these are to be shifted frequently, with a view of absorbing all moisture, and keeping her comfortable and free from any offensive smell, which in warm climates very soon takes place when this circumstance is not attended to. The woman being properly shifted, and a sufficient compression made on the belly, by means of a petticoat with a very broad band to it, she must be kept as quiet as possible for a few days; if any feverish heat prevails, she must be confined to a spare regimen; but if she is much debilitated and exhausted by her labour, wine and a more generous diet should be allowed her.

#### OF THE COMPLAINTS ATTENDANT ON DELIVERY.

After pains come on and go off regularly, like the true labour pains, being sometimes so severe as to impress the  
woman

woman with an idea of the existence of another child in the womb. The quicker the labour has proved, the fewer after pains will she be molested with in general; but the more frequent her pregnancies have been, the longer will these pains continue, as the womb contracts less readily each time. Women with their first child are seldom much troubled with them. The after-pains are usually felt soon after the placenta or after burden comes away, and commonly continue more or less severe until the cessation of the lochia, or that natural discharge which ensues after all labours; when they prove very troublesome and deprive the patient of her rest, it will be necessary to have recourse to opiates, in order to allay their severity: for this end, a draught consisting of forty drops of laudanum, with an ounce of cinnamon-water, or a bolus of a scruple of spermaceti, eight grains of castor, and half a grain of opium, with a little conserve of roses, may be taken every six hours.— Warm cloths, or bladders filled with warm water, may likewise be applied to the belly as an external fomentation, or it may be rubbed now and then with a little camphorated oil.

A Retention of Urine sometimes happens after delivery, therefore an early inquiry should always be made whether or not the woman has a free and easy discharge thereof; if not, the catheter must be employed to draw it off, as any violent distention of the bladder might occasion an inflammation or mortification to a ile.

Costiveness is apt to prevail after delivery, and should always be removed by a laxative clyster, or some gentle purgative, such as castor oil.

An Immoderate Flow of the Lochia. In all women a certain degree of hemorrhage usually takes place after delivery, produced by the removal of the after-burden, which lays bare the mouths of the blood vessels in the inside of the womb; and this commonly continues until it contracts to such a size as to close them up again. The discharge generally consists of florid red blood for about four or five days, after which time it then assumes a mucous appearance, and so ceases gradually. In weak relaxed habits it often happens that instead of saturating a cloth now and then, as is usual with women, the blood gushes out with such violence and rapidity, as to run very quickly through all the bed cloth, and to soak through the bed itself; in which case, the patient will be reduced to a state of very great debility, if the hemorrhage is not soon suppressed. To effect this purpose, cloth, dipped in cold water and vinegar, must be kept constantly applied to the  
private

private parts and back ; astringent injections composed of the tincture of roses, acidulated with the elixir of vitriol, are to be frequently injected, large and repeated doses of opium are to be administered ; the strength is to be supported by wine, and the patient to be directed to drink nothing but what is perfectly cool and sufficiently acidulated with lemon juice ; she is also to keep herself as quiet and composed as possible. If these means fail in having the desired effect, the astringent medicines recommended under the head of Floodings must be given.

Milk Fever. About the third or fourth day after delivery, the breasts generally become turgid and painful, from the secretion of milk, that now takes place in them ; if this is moderate and freely discharged, no inconvenience will be experienced : but, if very copious, and accompanied with any obstruction in the lactiferous tubes, the breasts will then become swelled and painful, the pulse will be full, hard, and quick, and a small fever will arise, which will be attended with nausea, difficulty of breathing, and pains in the head and back.

To prevent any attack of this kind, it will always be advisable to apply the child to the breasts as soon as the woman perceives that any secretion of milk has begun to take place ; for when this step is delayed for any time, they are apt to become very much enlarged and distended, and the nipples of course, are so much shortened, that the child cannot lay hold of them without great difficulty.

It is a duty incumbent on every mother to suckle her child, provided her health will admit of it, and she has a plentiful supply of milk, as many bad consequences frequently ensue from driving it suddenly back. Those who cannot comply with this duty from a want of the necessary qualifications above mentioned, should be very careful to draw off, three or four times a day, whatever is contained in the breasts ; and with a view of preventing any copious secretion from taking place, they should use a spare diet, keep their body perfectly open, and abstain as much as possible from all kinds of liquids.— This mode of proceeding will be far preferable to the making use of any repellent application whatever, in order to dry up the milk.

When any degree of fever happens to arise, either from the coming of the milk or a suppression of the lochia, the patient, besides using a spare diet and keeping herself perfectly quiet, may take small doses of nitre, with some diaphoretic medicine, as recommended in the

**General Treatment of Fevers**, and these may be repeated every two or three hours. If any costiveness prevails, a laxative clyster must be administered to remove it.

**Miliary Eruptions** sometimes attend on the milk fever, and are found dispersed over the whole body; but, in general, they are observed chiefly about the neck and chest; they sometimes prove critical, and carry off the fever; but should they increase its violence, small doses of nitre, joined with some diaphoretic as before directed, and gentle evacuations, must be made use of. If the eruptions should strike in suddenly, and the pulse sink, blisters, wine, and warm cordial sudorific medicines, will be necessary remedies. See the General Treatment of Fevers for these last.

When any inflammation or hard tumors arise in the breasts, the parts should be anointed with a little emollient ointment of any kind, and either the child should be put to them, or some other person must be employed to draw them twice or thrice a day: a very spare diet should likewise be pursued, and the body be kept open by gentle laxatives.

If the inflammation shews a disposition to proceed to a suppuration, the application of an emollient poultice, consisting of bread and milk, with a small addition of hog's lard, will be necessary, and this should be renewed twice a day, until the tumor is either totally dispersed or properly filled with matter. When the suppuration is completed, it may either be opened with the lancet, or be allowed to break of itself (the latter being the most preferable) after which it is to be dressed with basilicum ointment spread upon fine lint. If any fresh suppuration takes place, the same mode of treatment must be adopted, having recourse likewise to the Peruvian bark, of which four or five large doses may be taken daily. When an inflammation of the breasts terminates in a schirrus or cancer, the means which have been already recommended under these heads must be adopted.

**Excoriations of the Nipples** frequently happen with those who give suck, from the constant state of moisture in which these parts are kept. Women who are liable to such accidents, should take care to bathe the nipples with a little spirits of any kind for a considerable time both before and after delivery, to prevent their being chafed by the rubbing of their linen against them. When excoriations have taken place, the parts may be anointed with a little camphorated white ointment, and afterwards be sprinkled with a little powder of calamine or tully. If an ulcer has formed in one nipple, it may be dressed with fine lint, spread with a  
little



little Turner's cerate, and the child be confined entirely to the other: when both are affected, the woman will be obliged to leave off giving suck, until they are healed, taking care, however, to have her breasts drawn regularly twice or thrice a day.

An Inflammation of the Womb is apt to arise after preternatural and difficult labour, when forcible means have been used in extracting the child: it may also be occasioned by a sudden going back of the milk, or a suppression of the lochia, or that natural discharge which ensues after delivery in all women.

This species of inflammation is usually accompanied with considerable tension, hardness, and severe pains in the bottom of the belly; as also with great increase of heat over the whole body, thirst, nausea, vomitings, head-ache, and often a delirium.

It is always attended with great danger, and not uncommonly terminates in a suppuration or mortification, when the symptoms have run high, and the proper means for abating the inflammation have been wholly neglected at an early period.

The same mode of treatment is here to be pursued as in other internal inflammations, such as drawing off a quantity of blood proportionable to the strength of the patient and the severity of the symptoms, keeping cloths dipped in a warm decoction of emollient herbs constantly applied to the region of the belly, throwing up emollient laxative clysters by way of internal fomentations, frequently giving small doses of nitre joined with diaphoretics, as directed in the General Treatment of Fevers, and keeping the woman confined to diluting liquors, and in a state of perfect quiet and rest. If the inflammation shews a disposition to proceed either to a suppuration or mortification, the Peruvian bark must be given in large and frequent repeated doses.

Too much caution cannot be observed in guarding against all exposures to cold after delivery, as many women contract disorders which are severely felt during the whole future period of their life, by a neglect of this material point. When any purging arises, the means recommended under the head of Diarrhœa must be adopted.

#### OF THE MANAGEMENT OF NEW-BORN CHILDREN.

IT sometimes happens that a part of the membranes in which the infant was enveloped in the womb comes away with it, and greatly interferes with its breathing freely; when this event takes place, it must be the business of the



midwife to remove all impediments immediately, and then to use the necessary means for provoking it to respiration. When it breathes freely, the navel string may be divided between the ligatures (two being always preferable to one) after which it is to be delivered to the nurse to be cleansed of the mucus which had adhered to it, by washing it with a little warm water and soap; if any difficulty arises in removing it from the arm pits and groins, as is sometimes the case, the parts may then be rubbed with a little hog's lard or soft pomatum, in order to soften it.

It will always be advisable for a surgeon, when he officiates as the accoucheur, to examine the child well after delivery, or see that it is quite perfect, and that none of the natural passages are closed up. After difficult and preternatural labours, it will be more particularly so; for, should any accident afterwards happen to it from the carelessness of the nurse, she might, perhaps, saddle him with the blame of it. The navel-string being wrapped up in a piece of scorched linen, and well secured by a proper bandage applied round the belly, the child is then to be dressed. In warm climates the dress of children is very simple and cool; therefore, it is only necessary to observe that the less they are confined by the tightness of their clothes the better.

It is a practice universally followed, to give new-born children some kind of gentle purgative, in order to carry off the meconium, or that dark-coloured matter which is lodged in their bowels, as, by being retained, it is very apt to become acrid, and to produce severe griping pains, and the jaw-fall. When any medicine of this nature is really requisite, from the mother's milk not proving sufficiently purgative, a tea spoonful or two of castor oil may be given.

As soon as the secretion of milk begins to take place in the breasts of the mother, the child should immediately be applied to them; for, although it may be but trifling or inconsiderable at first, the sucking of the child will not only increase it, but will likewise prevent any degree of fever from arising in consequence of the coming of the milk. It has already been observed that it is a duty incumbent on every mother to suckle her child, if she has a plentiful supply of milk and enjoys a good state of health: but should a want of these necessary qualifications incapacitate her from becoming a nurse, then either some other must be procured, or the child be reared with spoon meat and a suck bottle.

As very few ladies in the West-Indies suckle their children,

Children, from an idea that nursing debilitates and wears out the constitution; and all such as are in tolerable circumstances in life, resign the discharge of this office to some negro, or mulatto woman; it may, perhaps, not be unnecessary to caution these unnatural mothers against committing their infants to the care of such a woman, without making her first undergo a strict examination, by some person properly qualified to judge whether or not she is perfectly healthy, and apparently free from all diseases; although, notwithstanding every precaution of this nature, it is a great chance if she does not harbour in her blood the relics of many dreadful disorders, such as the yaws, leprosy, or a venereal taint; as all this race of people give themselves up to an unlimited prostitution. Many children have fallen victims to this pernicious custom, and many have sucked in diseases which have rendered them a loathsome object throughout life.

The nurse who is made choice of, should have been delivered much about the same time with the mother of the child; she should have large nipples, and a plentiful supply of milk, be well accustomed to the management of children, perfectly healthy, free from all diseases, and of a middle age.

The child will require no other food than breast milk for the first two months, if its nurse has a sufficiency thereof for its support; but, after this period, it will be advisable to accustom it gradually to the spoon, by feeding it now and then with a little bread and milk, with which may be boiled up a few caraway seeds, to prevent its proving flatulent: by pursuing these steps, it will be weaned much easier at the proper time; and in case of the mother or nurse falling sick, it may then be supported for several days without any bad consequences ensuing. Custards, boiled rice, light bread puddings, and thin animal broths, may be given to children when they are a few months older. When they get teeth, nature evidently points out that tender animal food then becomes necessary.

No certain rule can be laid down with regard to the proper period at which children ought to be weaned, as much will depend on their strength and constitution, as also on the forwardness of their teeth; for which reason, those who are weakly, and cut their teeth with difficulty, should be allowed to continue at the breast much longer than those who are stout, strong, and forward in dentition. In tropical climates, about eight months will be long enough to give a child suck, provided it is healthy, as one of this age is as forward in every respect as one of twelve or thirteen in cold countries.

In the management of children, there are four things which must principally be attended to. The first is, to provide a healthy nurse with a good breast of milk, when the mother, either from bad health, or a want of the proper secretion, is incapable of assuming her proper office, as that of no other animal can be employed with equal advantage to the child: when the mother's health will admit of her giving suck, her milk will be preferable to that of any other woman's. The second thing to be attended to, is cleanliness; for, when there is any neglect of this material point, cutaneous eruptions, and excoriations behind the ears and in the groins, are apt to take place. To prevent these accidents from arising, the child should be washed and shifted clean every day, and when found the least weakly, it ought to be dipped in a large tub of cold water every morning. The third thing to which the attention must be directed in managing children properly, is pure air; wherefore it will be necessary for the parents to see that they are carried abroad every day in the cool of the mornings and evenings. The fourth thing to be attended to, is exercise; and as young children are incapable of taking it themselves, it must likewise be the business of the parents to see that those who are intrusted with their care, give them proper and sufficient exercise, by tumbling and dancing them well about, as an inattention to that article frequently makes children weak and tender.

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OF THE  
D I S E A S E S  
PECULIAR TO  
C H I L D R E N.

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OF EXCORIATIONS AND ERUPTIONS.

**CAUSES.** **E**XCORIATIONS generally arise from a neglect of proper cleanliness, and are most apt to take place in the wrinkles of the neck, behind the ears, and in the groins. Eruptions on children usually proceed from improper food or dirtiness.

**TREATMENT.** The excoriated parts should be bathed twice or thrice a day, with a little warm milk and water, and afterwards sprinkled with some absorbent powder, such as chalk or calamine; the child must also be kept perfectly dry and clean. Discharges from behind the ears are not, however, to be dried up suddenly; as very bad consequences sometimes ensue from making use of strong repellent applications. Children at the breast are very subject to slight eruptive humours, and as these serve to carry off something hurtful from the body, no attempt should ever be made to repel them.

OF ACIDITIES, GRIPES, AND FLATULENCIES.

**CAUSES.** **I**MPROPER food, weak digestion, bad milk, and that natural tendency which there is in the stomach of all children to generate acidities, are the usual causes of Gripes and Flatulencies.

**SYMPTOMS.** When the food becomes sour on the stomach, instead of being properly concocted, and converted into chyle and blood, it is apt to produce vomitings, purgings, green stools, griping pains, acidities, flatulency, and a depression of strength; when the irritation is very great, convulsions sometimes ensue.

**TREATMENT.**

**TREATMENT.** If the acidity prevails in a high degree, it may be advisable to give the child something that will evacuate the contents of its stomach, and for this purpose, half a grain of tartar emetic may be dissolved in eight tea spoonfuls of water, one of which is to be given every half hour until the desired effect is produced; the next morning, a gentle purge, consisting of about eight grains of rhubarb and five of magnesia, may be prescribed.

In order to prevent any further accumulation of acidities from arising, small doses of magnesia may be given twice a day. If a severe purging attends, soaked rhubarb, and the remedies recommended under the head of *Diarrhoea*, must be resorted to.

Children that are subject to flatulencies should always have some carminative, such as caraway seeds, boiled up with their food, if not reared entirely by the breast.

Acidities and flatulencies sometimes prevail in so high a degree as to occasion excruciating, riping pains and severe screechings. For the removal of these, it will be necessary to give the child a little peppermint water, with about five drops of laudanum; and if this does not soon procure relief, a little barley water, with two or three drops of the oil of aniseed, may then be thrown up the intestines in the form of a clyster; a medicine known by the name of Dalby's Carminative, generally affords immediate ease in complaints of this nature.

### OF THE JAW-FALL.

**THIS** disease is evidently a species of the Tetanus, which has already been treated of. Negro children are more apt to be attacked with it than white ones. In many of the West-India islands it carries off several in the first month of their birth.

**CAUSES.** A neglect in purging off the meconium, or that dark coloured substance which is lodged in the bowels of new-born children, has generally been supposed to be the chief occasional cause of this complaint; and it, no doubt, may sometimes prove so; but exposure to cold and currents of air, (negro women being usually permitted to lie-in at their own houses, which are too frequently in very bad repair), dividing the navel string with a blunt lacerating instrument, and making stimulating applications afterwards to the wound, are, in my opinion, more frequent causes.

**PROGNOSTIC.** It proves fatal in almost every instance.

**TREATMENT.** As no effectual means have yet been discovered for the cure of the jaw-fall, all that can be advised,

vifed, is to avoid as much as poffible fuch caufes as are known to give rife to it. Every lying-in woman fhould therefore be lodged in a comfortable apartment, which is annoyed neither by fmoke, rain, or any partial currents of air. (See the Introduction).

On the birth of the child, the navel-ftring fhould be divided with a pair of fharp fciffors; after which the portion that remains fhould be wrapped up in a little fcorched linen. No force whatever fhould afterwards be ufed to bring on a feparation of it; on the contrary, it fhould take place fpontaneoufly. In order to carry off the meconium, a couple of tea fpoonfuls of caftor oil may be given to the infant the day of its birth, which may be repeated as often as fhall be judged neceffary, fhould the mother's milk not prove fufficiently purgative.

On an attack of the difeafe, the means recommended under the head of Tetanus, may be purfued, however unfucceffful they may prove.

#### ON CONVULSIVE FITS.

**CAUSES.** SPASMODIC affections of this nature fometimes attack infants without any evident caufe; but, in general, they proceed either from worms, teething, the breaking out of the fmall pox, or fome acrid matter in the bowels.

**PROGNOSTIC.** They are always dangerous as well as alarming, when they proceed from any other caufe but an eruption of the fmall pox, in which cafe they are ufually regarded as the prognoftic of a favourable event.

**TREATMENT.** The firft object to be attended to, is the removal of the primary diforder or caufe which has given rife to them. If they proceed from a lodgment of acrid matter in the bowels, this muft be removed by gentle purgatives, or laxative clyfters: if from flatulencies, carminatives, fuch as peppermint water, with a drop of the oil of anifeed, or Dalby's carminative, fhould then be given, as directed under the head of Flatulencies; if from teething, then wherever the tooth can be difcovered working a paffage through the gum, a flight fcarification may be made with a lancet, or fcarificator, immediately over it, and the body muft likewife be kept open with gentle laxatives.

When convulfions are of long duration, blifters ought to be applied.

#### OF THE THRUSH.

**CAUSES.** THE thrush feems to arife from acidities, and other acrimonious humours in the ftomach and bowels.

**SYMPTOMS.**



**SYMPTOMS.** It shews itself in small white specks or ulcers on the tongue and the inside of the mouth, which have very much the appearance of small particles of curdled milk. When the disease is very mild, the mouth is in general the only part affected; but when it is violent and of long standing, the whole course of the alimentary canal becomes affected, and the ulcers extend from the mouth down to the anus or fundament, giving rise to acidities, flatulencies, severe purgings, and other bad symptoms.

**PROGNOSTIC.** When the disease is recent and confined solely to the mouth, it may easily be removed; but when of long standing, and the ulcers run into each other, and extend down into the stomach and intestines, is very frequently proves fatal.

**TREATMENT.** When the complaint is mild and recent, washing the child's mouth with the following solution, and giving repeated small doses of magnesia and rhubarb, as directed under the head of Acidities, will effectually remove it: Dissolve fifteen grains of borax and ten of burnt allum in half an ounce of warm water, and then add thereto about an ounce of the honey of roses. When it is of a malignant nature, and threatens to terminate in a mortification, besides the last-mentioned medicine, gargles composed of the tinctures of myrrh and Peruvian bark, must likewise be used, and clysters of the decoction of the latter must also be frequently thrown up the intestines. If the child can be made to swallow, a table spoonful of the last-mentioned preparation of the bark may be given to it every two hours.

When any severe purging attends the thrush, the remedies recommended under the head of Diarrhœa must be made use of.

#### OF A FALLING DOWN OF THE RECTUM OR FUNDAMENT.

**THIS** accident frequently happens to children that are afflicted with severe purgings; it now and then arises also from obstinate costiveness, and from great straining in going to stool.

When the last-mentioned causes give rise to it, the body must be kept open with gentle laxatives; when it takes place from a purging, or from laxity of the fibres of the sphincter muscle, then the parts are to be bathed with an astringent bath, composed of the barks of cherry, guava, and pomegranate trees, after which they should be sprinkled with a little Armenian bole finely powdered; this being done, the reduction is to be made, and the parts to be kept

kept in their natural place by the application of a proper bandage : if any great soreness prevails, the fingers made use of in reducing the protruded portion of the gut, should be anointed with a little oil.

### OF TEETHING.

OF all the disorders to which children are liable, not one is attended with such grievous and distressing symptoms as difficult dentition. With regard to the proper time of their cutting teeth, no fixed period can be laid down, as some cut their first tooth at three or four months old, while others again have not the least appearance of a tooth before the eighth or ninth. In general, dentition takes place between the fifth and eighth month. The two fore teeth, or dentes incisores, in the under jaw, are those which usually appear first, and shortly after these are observed, two more come out in the upper one opposite to the former. When these are completed, the dentes canini, or dog's teeth, make their appearance, and after them, the molares, or grinders; when a child arrives at six or seven years of age, it usually gets a fresh set of teeth; and about that of twenty-one, four more teeth come out (one in each corner of the jaws) which are named dentes sapientiz, or wisdom teeth, from their appearing at that particular period of life.

**SYMPTOMS.** A gentle flavering, restlessness, peevishness, heat, and putting the fingers frequently in the mouth, together with a swelling of the gums, starting in the sleep, looseness, and green stools, usually attend on dentition. When the teeth occasion a considerable degree of irritation in working their way through the gums, want of sleep, difficulty of breathing, high degree of fever, acidities, gripes, and the thrush, usually accompany the former symptoms : convulsions sometimes ensue, which prove fatal.

**PROGNOSTIC.** When the child's body continues open, and no violent symptoms arise, dentition will proceed without any danger.

**TREATMENT.** If the gum is much swelled, and a great degree of irritation is produced from the stimulus, occasioned by the tooth. we may then venture to cut down upon it with a lancet or scarificator; but if there is no swelling, or sign of a tooth, we must then prescribe remedies suitable to the symptoms which are present : if the belly is costive, it must be opened with gentle laxatives : any purging which may happen to attend should never be checked unless it becomes very severe.

When

When any considerable degree of fever accompanies teething, it is usual, in cold climates, to bleed, by applying leeches behind the ears; but as these cannot be procured in warm ones, drawing off a small quantity of blood from the jugular vein in the neck may, perhaps, answer as well. Small doses of nitre, joined with some diaphoretic (as mentioned under the head of the General Treatment of Fevers), and properly proportioned to the age of the child, may likewise be given every three or four hours, taking due care, at the same time, to keep its body properly open.

When great restlessness and violent startings take place, a tea spoonful of the sirup of poppies may be given at bed time; and when convulsions ensue, blisters should be applied.

If any acidity prevails, small doses of magnesia and rhubarb are to be given frequently, as recommended under that particular head; if accompanied with flatulency and griping pains, some carminative, as caraway seeds, or a drop of oil of aniseed, may be mixed with the food or milk.

The practice of giving children coral and other hard substances to put into their mouth, during the time of dentition, is highly improper, as these harden the gums; a piece of small wax candle, or any other thing of the like nature, that will yield in some measure to whatever pressure is made upon it by the teeth and gums of the child, may be serviceable and proper.

#### OF THE HOOPING COUGH.

**THE** hooping cough is a disease to which children are much more liable than grown people; it is of a contagious nature, but seldom affects a person but once during the whole period of life.

**CAUSES.** It is occasioned by a tough, acrid matter lodged in the throat and fauces, which cannot be expectorated without the greatest difficulty; it sometimes becomes epidemical.

**SYMPTOMS.** It comes on usually with great thirst, difficulty of breathing, and a quick pulse, which are succeeded by a hoarseness, dry convulsive cough, and great difficulty of expectoration: during violent fits of coughing, the face often becomes black, and the patient seems to be in a danger of being suffocated.

**PROGNOSTIC.** Although the disease often proves tedious, and is liable to return on any fresh exposure to cold when not entirely removed, it nevertheless seldom proves immediately mortal, except to very young children.—

When

When improperly treated, or wholly neglected, it is very apt to fix on the lungs, and lay the foundation of a consumption.

**TREATMENT.** To prevent any inflammation of the mucous membrane of the windpipe and throat from arising, it will, in most cases, be advisable to draw a small quantity of blood from the jugular vein in the neck, which will be far preferable to taking it away from the arm, as being so much nearer to the part affected. After this, a gentle emetic of a few grains of ipecacuanha should be given, and may be worked off with a little weak camomile tea. This may be repeated every four or five days, as it will not fail to bring away a considerable quantity of viscid phlegm, to the great relief of the child. Small doses of some diaphoretic medicine may be taken afterwards with infinite advantage; for this purpose, a few drops of antimonial wine may be made use of two or three times a day.

Exciting a slight degree of strangury has often been attended with good effects in this complaint; for which reason, give forty or fifty drops of the following every four or five hours, until some such slight effect is produced, and then either lessen the dose, or give it at longer intervals: Mix half an ounce of the tincture of Peruvian bark and two drachms of paregoric elixir, with half a drachm of the tincture of caustarides.

A free expectoration is likewise to be promoted by the following pectoral medicine: Mix two ounces of the mucilage of gum arabic with half an ounce of the tincture of valerian, two drachms of paregoric elixir, and half an ounce of the sirup of lemons. These are to be well shaken together, and two tea spoonfuls to be given every four hours.

The body is also to be kept open with small doses of castor oil, or some such laxative medicine; gentle opiates now and then become necessary; fomentations may be applied both externally and internally to the throat and fauces. For the latter of these purposes, the vapours arising from warm vinegar and water may be inhaled through an inverted funnel or inhaler several times a day; the application of blisters is sometimes necessary.

When the disease continues for any length of time, a change of air will be proper; and in order to take off the irritation from the mucous membrane, which is the seat of the disease, the Peruvian bark should be prescribed: but as it is impossible to persuade children to take it in substance, we must be contented with substituting a strong decoction of it, adding to each dose, eight or ten drops of the tincture of castor.

## OF THE RICKETS.

**THIS** disease, although very frequently met with amongst children in cold climates, is almost wholly unknown to the inhabitants of warm ones, and need not therefore be particularly described.

**CAUSES:** It arises in weakly children from their constantly breathing moist damp air, or from a want of proper exercise, as also from the stoth and nastiness of the mother and nurse, in neglecting to keep them dry and clean.

**SYMPTOMS.** It comes on generally when the child is about two years of age, with a loss of digestion and muscular strength, flabbiness of the flesh, enlargement of the head, increased size of the end of the bones at the wrists and ancles, great projection of the belly, and such a general laxity in the vessels of the bones, that these bend with the weight of the body, and become very much deformed.

**TREATMENT.** Proper exercise, cleanliness, and the enjoyment of pure dry air, are what are principally to be attended to in removing and preventing complaints of this nature. To assist their good effects, chalybeates, stomachic bitters, infusions of the Peruvian bark, the cold bath, flesh brush, and other remedies recommended under the heads of Relaxation and Dropsy, may be employed.

## OF THE KING'S EVIL, OR SCROPHULA.

**SCROPHULA** shews itself in hard, indolent tumors, which arise very gradually in different parts of the body, but principally attack the joints and glands of the neck. In scrophulous habits the eye lids are often affected with soreness, redness, and ulcerations.

**CAUSES.** General weakness, bad nursing, unwholesome food, want of proper cleanliness, and breathing impure air, will sometimes give rise to scrophulous complaints in children. Those who have a laxity of the mucous glands, and such as are born of parents with shattered constitutions, are very much predisposed to attacks of this disease. It is beyond all doubt an hereditary complaint, and is often entailed by one generation upon another.

**SYMPTOMS.** The disease makes its appearance in small hard tumors underneath the chin, behind the ears, and in the neck, which usually proceed very slowly to a suppuration, being, at one time, very much increased in size, and, at another, greatly diminished. The swellings will sometimes subside entirely, without any formation of matter.

When the tumors happen to suppurate, a thin gelatinous

nous fluid is then discharged, and an ulcer is formed, which it will be very difficult to heal. The joints of the hands and feet are often much affected and become considerably enlarged, and abscesses and sinuses are now and then formed among the bones, which occasion a caries of them.

**PROGNOSTIC.** When the last mentioned event takes place, it frequently terminates in a loss of the diseased limb; when the disorder falls on the lungs (as it is very apt to do) tubercles and ulcerations will ensue, which, sooner or later, may prove fatal. Some people afflicted with scrophula, live, however, to an advanced period of life. It is by no means so frequent a disorder amongst children in warm climates as with those in cold ones.

**TREATMENT.** When the disease has once taken place, it will seldom be possible to eradicate it from the system; but it may be in our power to afford some relief, and also assist the healing up of the ulcers by administering proper medicines. In the treatment of scrophulous complaints, such remedies as will tend to strengthen the general system must be employed, as they often arise from weakness and relaxation. A course of Peruvian bark, bitters, chalybeates, and other tonics, ought to be pursued for a considerable length of time for this purpose. In inveterate inflammations of the eyes and eyelids, proceeding from a scrophulous affection, hemlock may be made use of at the same time with the Peruvian bark and sea bathing; it may be taken, made up into common sized pills, in the number of three or four every morning and evening.

When scrophulous tumors arise, they should, if possible, be dispersed by applying mercurial plasters to them, on account of the disagreeable scars which they always leave when they happen to suppurate. If they have already begun to fill with matter, and the progress therein is very slow, we may then direct the application either of emollient poultices, or of plasters of diachylon, with gum, and these should be continued until the tumors become sufficiently soft for being opened. The opening should be made with caustic in preference to the lancet, as sinuses and many other inconveniences are apt to ensue from using the latter.







Small doses of alterative medicines will be proper in those cases which are accompanied either with hard tumors or ulcerations: as such, five grains of Ethiop's mineral, with half a grain of calomel, may be given to a child of two or three years of age, for three mornings successively, and, on the fourth, a purge of jalap or rhubarb must be taken.



Scrophulous people should make use of a light, nutritive, and generous diet, and should breathe as pure and dry air as possible. Sea bathing will be highly proper in all scrophulous cases; and if the patient can be prevailed on to drink a small quantity of the water now and then, it will greatly add to its good effect.



# AN EXPLANATORY TABLE OF APOTHECARIES WEIGHTS and MEASURES.

	Six	} dots (exclusive of the stamp) stand for	Six grains
	Five		Five grains
	Four		Four grains
	Three		Three grains
	Two		Two grains
	One		One grain.

The weight marked thus	{	℥ss	} stands for	{	half a scruple, or 10 grains
		℥i			a scruple, or 20 grains
		℥ij			two scruples, or 40 grains
		3ss			half a drachm, or a scruple and a half
		3i			one drachm, or 3 scruples
		3ij			two drachms, or 6 scruples
		3j			one ounce, or 8 drachms

The pound consists of twelve ounces.

## LIQUID MEASURE.

Two table spoonfuls	} make	one ounce
Sixteen ounces		a pint
Eight pints		a gallon

# A LIST of the MEDICINES and REMEDIES recommended in this Work.

A	Dragon's blood
Æther	E
Aloes	Electuary, lenitive
Alum	Elixir of aloes
Antimony, diaphoretic	— paregoric
Armerian bole	— sacred
Asafœtida	— of vitriol
B	Ethiop's mineral
Balsam, anodyne	Extract of black hellebore
— of Copaiba	— hemloc
— Peru	F
— saponaceous	Filings of iron
— traumatic	G
Berries of juniper	Gentian root
Borax	Glauber's salts
Bougies of all sizes	Goulard's extract, or vinegar
Brimstone, flower of	— of litharge
C	Gum arabic
Calamine, powder of	— ammoniac
Calomel	— gamboge
Camomile flowers	— guaiacum
Camphor	— myrrh
Cantharides	H
Cardamom seeds	Hog's lard
Castor	Honey
— oil	— of roses
Caustic	Huxham's tincture of bark
Cinnabar, artificial	I
— native	Ipecacuanha, powder of
Confection cordial	J.
— of japan earth	Jalap, powder of
Conserve of roses	James's powder
Corrosive sublimate	Japan earth
Cream of tartar	L
D	Laudanum
Daffy's elixir	Lees of tartar
Dalby's carminative	Liniment volatile
	Leather,

Leather, white

Lint, fine

**M**

Manna

Magnesia

Mindererus's spirit

Musk

Mustard seed

**N**

Nitre

**O**

Oil of almonds

— aniseeds

— camphorated

— cinnamon

— juniper

— mint

— peppermint

— - olives

— saffrafas

Ointment of calamine, or

Turner's cerate

— digestive

— of marsh mallows

— mercurial

— saturnine

—, white campho-

rated

— yellow basilicum

Opium

**P**

Peruvian bark

Pink, Indian

Plaster, adhesive

— blistering

— diachylon

— mercurial

— strengthening

**R**

Rhubarb

Roses, red

Rust of steel

**S**

Sal ammoniac

Salts, diuretic

— of hartshorn, volatile

— purging

Salts of steel

— tartar

— wormwood

Sarsaparilla

Sassafras shavings

Senna

Snake root, powder of

Soap, Castile

Spermaceti

Spirits, camphorated

— of hartshorn

— lavender

— nitre

— sal ammoniac

—, volatile fetid

Squills, powder of dry

Sugar of lead

Sulphur of antimony, golden

Sirup of lemons

— poppies

Syringes of pewter, both

large and small

**T**

Tartar, emetic

Tin, powder of

Tincture of asafœtida

— bark

— black hellebore

— cantharides

— castor

— myrrh

— rhubarb, spiri-

tuous

— sacred

— of safin

— valerian, vola-

tile

Turpeth mineral

Tutty

Tow

**V**

Valerian, powder of

Venice treacle

Verdigrise

Vinegar of squills

Vitriol blue

Vitriol

Vitriol, white

W

Water, cinnamon

—— compound horse

dish

—— lime

—— mint

Water, pennyroyal

—— pepper mint

—— rose

Wine, antimonial

—— chalybeate

—— emetic

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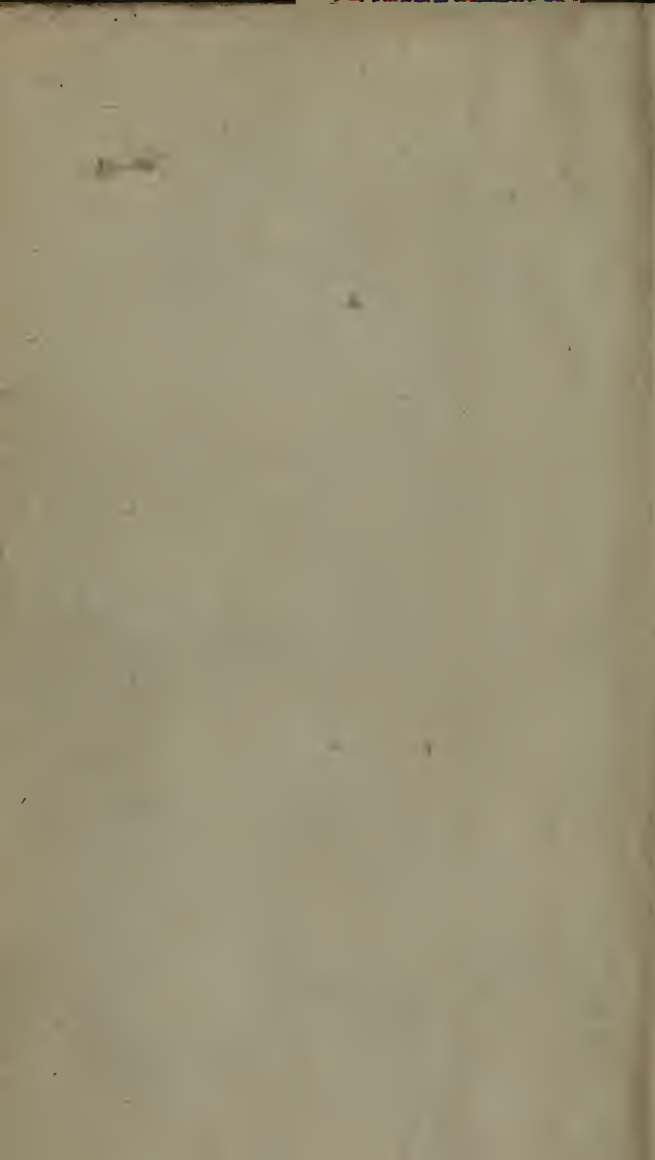
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